

NEW

OVER **100** RECIPES & TIPS INSIDE

Healthy Heart Diet Plan



Winter warmers



Easy lunches



Healthy alternatives



Sweet treats!



Comfort food



Scrumptious breakfasts

SUPERFOOD RECIPES
DESSERTS & BAKING
OMEGA-3 RICH MEALS

Digital
Edition



FUTURE
FIRST EDITION

RECIPES TO HELP YOU LOWER YOUR CHOLESTEROL

Healthy Heart Diet Plan

Future PLC Quay House, The Ambury, Bath, BA1 1UA

Editorial

Compiled by **April Madden & Lora Barnes**
 Editorial Director **Jon White**
 Senior Art Editor **Andy Downes**

Woman & Home Editorial

Group Specials Director **Charlotte Richards**

Cover images

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Photography

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Advertising

Media packs are available on request
 Commercial Director **Clare Dove**
 clare.dove@futurenet.com

International

Head of Print Licensing **Rachel Shaw**
 licensing@futurenet.com

Circulation

Head of Newstrade **Tim Mathers**

Production

Head of Production **Mark Constance**
 Production Project Manager **Clare Scott**
 Advertising Production Manager **Joanne Crosby**
 Digital Editions Controller **Jason Hudson**
 Production Managers **Keely Miller, Nola Cokely, Vivienne Calvert, Fran Twentymán**

Management

Chief Content Officer **Aaron Asadi**
 Commercial Finance Director **Dan Jotcham**
 Head of Art & Design **Greg Whitaker**

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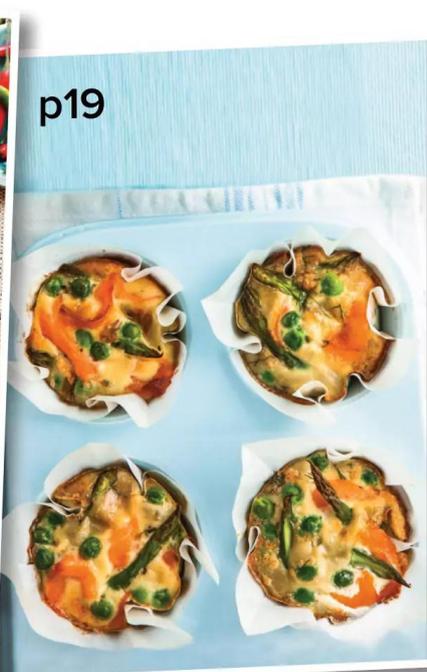
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Chief executive **Zillah Byng-Thorne**
 Non-executive chairman **Richard Huntingford**
 Chief financial officer **Rachel Addison**

Tel +44 (0)1225 442 244



p09



p19



p28



p53



p35



p92



p65



Welcome...

Healthy heart know-how

Medical experts have now come to understand that an excess of cholesterol – a waxy substance that’s found in all cells of our body – is one of our most serious health threats. Among other things, it raises our risk of getting heart disease by causing plaque to build up in the coronary arteries, which over time makes them narrower, thus limiting the flow of oxygen-rich blood to the heart.

If you’re suffering from high cholesterol, your doctor may prescribe statins, which are medicines to lower the levels, but he/she will also suggest you look at your diet, because one of the most effective things you can personally do to help is to adapt your eating habits. And in addition to reducing your intake of foods like saturated fats, what you really need to do is increase your consumption of some special ingredients that have been revealed to be true “cholesterol busters”. These include nuts, unrefined grains like oats and barley, fruits and vegetables, and also foods with soya.

So that’s where we come in: we’ve got a whole magazine of delicious recipes which not only taste delicious, but also help to lower your cholesterol.

Need to know

- + **WHEN CHOLESTEROL LEVELS ARE MEASURED** there are two main forms: LDL (low density lipoprotein) and HDL (high density lipoprotein). But it’s the LDL which is the one you don’t want – it’s often referred to as “bad cholesterol”, with HDL being called “good cholesterol” – so when people talk about lowering cholesterol, it’s the LDL level they are talking about.
- + **NHS GUIDELINES** for total cholesterol are 5mmol/L or less for healthy adults or 4mmol/L or less for those at high risk. And of this total, looking at the LDL levels there should be less than 3mmol/L for healthy adults and less than 2mmol/L for those at high risk. And it’s also recommended that there is 1mmol/L of the HDL cholesterol in the blood.
- + **REMEMBER, IF YOU HAVE A FAMILY HISTORY** of early coronary heart disease or stroke (or another cholesterol-related condition) then you personally will have a higher potential risk of having a heart attack or stroke. In addition, the older you are, the greater the risk too, so even if you don’t think you’re particularly in danger, it’s always a good time to start making your diet healthier.
- + **BUT DON’T FORGET TO EXERCISE TOO**, as exercising regularly will increase those “good” HDL levels, by stimulating the body to move fatty deposits to the liver where they are broken down and removed from your body.

Contents

Omega 3

- 6 Oily fish
- 20 Nuts

Vegetables & salads

- 24 Veg
- 28 Salads

Superfoods

- 34 Tomatoes
- 44 Avocados
- 50 Apples

Fibre

- 56 Pulses
- 62 Grains
- 68 Porridge
- 70 Rice

Simple suppers for all

- 74 5:2 diet
- 76 Low fat
- 82 Family food

Sweet treats & bakes

- 88 Fruit desserts
- 94 Baking





Omega 3

Oily fish

- 6 Spinach, lentil & smoked mackerel salad
- 7 Miso baked salmon
- 8 Mackerel superfood salad
- 8 Smoked trout pâté
- 9 Malaysian fish curry
- 10 Pan-fried salmon with streaky bacon
- 11 Mackerel with fresh nectarines & ginger
- 12 Salmon pesto pasta
- 12 Soused mackerel
- 13 Mustard and leek trout
- 14 Spiced mackerel with beetroot potato salad
- 15 Salmon & spaghetti Bolognese
- 16 Honey-glazed salmon
- 16 Crispy oaty mackerel fillets
- 17 Sichuan mackerel & rice noodle stir-fry
- 18 Tuna with strawberry, pineapple & ginger
- 19 Salmon, asparagus & pea frittatas

Nuts

- 20 Beetroot, ricotta & walnut salad
- 20 Spicy roast squash, spinach & goat's cheese salad
- 21 Griddled veg with hazelnut dressing

Fresh from the sea

Omega 3 boosters

Research has shown that eating oily fish can lower blood pressure and reduce fat build-up in arteries. Based on research, the recommendation is that we should all eat at least two portions of fish a

week, one of which should be oily fish. Oily fish include mackerel, pilchards, salmon, sardines, trout and fresh tuna. However, canned tuna doesn't count as an oily fish.



Spinach, lentil & smoked mackerel salad

SERVES 2

- + 75g green lentils
- + 100g baby spinach leaves
- + 1 Romano red pepper, deseeded and sliced
- + 4 baby beetroot, drained from vinegar, quartered
- + 2 peppered smoked mackerel fillets, skin removed
- + 4tbsp light salad dressing

1 Put the lentils into a pan of salted water. Bring to the boil and simmer for 20 mins, until the lentils are tender and the liquid mostly absorbed. Drain off excess liquid, if needed.

2 Put the spinach into a large bowl with the pepper and beetroot. Add flakes of smoked mackerel and lentils. Mix together.

3 Divide between two plates and drizzle with the dressing.

PER SERVING Calories: 582

Fat: 34g Saturated fat: 6.5g

✗ Not suitable for freezing



Miso baked salmon

SERVES 4

- + 500g sweet potato, peeled and sliced
- + 2 garlic cloves, crushed
- + 2 heads of fennel, sliced
- + 2tbsp white miso paste
- + 4 lightly smoked salmon fillets
- + 1 red onion, chopped
- + 4tbsp tamari soy sauce
- + 1 lemon
- + 200g cherry tomatoes on the vine
- + 100g kale, shredded

1 Heat the oven to 200C, gas 6.

Arrange the sweet potato, garlic and fennel in the base of an ovenproof dish.

2 Mix the miso paste with 500ml boiling water and pour over the vegetables.

3 Top with the salmon fillets, sprinkle over the onion and drizzle over the tamari. Bake for 25 mins.

4 Cut off 2 slices of lemon, halve each slice and arrange on top of

the salmon. Squeeze over the remaining lemon juice. Add the cherry tomatoes, in small bunches, to the roasting tin and sprinkle over the kale. Return to the oven and cook for 5 mins before serving.

PER SERVING Calories: 341
 Fat: 10g Saturated fat: 2.5g
 ✗ Not suitable for freezing

Mackerel superfood salad

SERVES 4

- ✦ 3tbsp wholegrain mustard
- ✦ 4tsp olive oil
- ✦ zest and juice of 1 lemon
- ✦ 4 mackerel fillets
- ✦ 125g pack Tenderstem broccoli tips
- ✦ 400g can mixed bean salad, drained and rinsed
- ✦ small handful of chopped mint, some reserved for garnish
- ✦ 2 courgettes, finely sliced lengthways with a peeler
- ✦ 1 red chilli, finely diced, some reserved for garnish
- ✦ 2tbsp red wine vinegar

1 Heat the grill to medium. In a bowl mix together the mustard, 2tsp oil, the lemon zest and juice.

2 Put the mackerel on a wire rack and cover with two-thirds of the mustard paste. Grill for 2 mins on each side, cool a little, then flake.



3 Meanwhile, cook the broccoli for 3 mins, then drain.

4 Gently mix the beans with the mint, courgettes, most of the chilli, remaining oil, remaining mustard paste and vinegar.

5 Arrange the beans, courgette

and mackerel on plates and garnish with mint and chilli.

PER SERVING Calories: 349
 Fat: 22g Saturated fat: 4g
 ✗ Not suitable for freezing

Malaysian fish curry (Opposite page)

SERVES 4

- ✦ 600g prepared mackerel fillets (about 8) or sea bass fillets
- ✦ 2tbsp vegetable oil
- ✦ 1 large onion, peeled, halved and thinly sliced
- ✦ 2-3tbsp Malaysian Rendang curry paste
- ✦ 24 curry leaves (optional)
- ✦ 4 small aubergines, quartered or 1 medium aubergine, cut into chunks
- ✦ 400ml can reduced-fat coconut milk
- ✦ 2tsp tamarind paste
- ✦ 2tbsp tomato purée
- ✦ 1-2 red and 1-2 green bird's eye (hot) chillies, deseeded, kept whole (optional)
- ✦ 175g okra, topped and tailed
- ✦ 4 medium-sized tomatoes, each cut into quarters
- ✦ coriander leaves, to garnish

1 Sprinkle the fish fillets with a little salt and leave for about 20 mins. Meanwhile heat the oil in a large pan, add the onion, sprinkle with salt and fry until it begins to brown.

2 Lower the heat, add the curry paste and curry leaves, if using, and fry gently for 2-3 mins, stirring. Add the aubergine, coconut milk, tamarind paste, purée, chillies, if using, okra and 200ml water. Simmer for 15 mins. Heat the oven to 200C, gas 6.

3 Arrange the mackerel snugly, side by side in a roasting tin. Pour over the curry sauce. Tuck the tomato wedges in. Cover with foil and bake for 20-25 mins. Garnish with coriander. Serve with rice.

PER SERVING Calories: 630
 Fat: 48g Saturated fat: 17g
 ✗ Not suitable for freezing



Smoked trout pâté

SERVES 1

- ✦ 75g smoked trout fillet
- ✦ 30g lightest cream cheese, eg Philadelphia
- ✦ 1tsp lemon juice
- ✦ 5-6 little gem lettuce leaves
- ✦ 1tsp freshly chopped dill

1 Break the trout fillet into a bowl and add the cream cheese and lemon juice. Mash gently with a fork to create a rough-textured pâté.

2 Season to taste with salt and pepper and spoon into little gem lettuce leaves. Garnish with the dill and serve.

PER SERVING Calories: 120
 Fat: 4.5g Saturated fat: 1g
 ✗ Not suitable for freezing



Pan-fried salmon with streaky bacon

SERVES 4

- + 4 rashers streaky bacon, chopped
- + 2 spring onions, sliced
- + 250g frozen peas
- + 100g cooked sweet-chilli marinated beetroot, chopped

- + 1tbsp sunflower oil
- + 4 x 175g pieces salmon fillet

1 Fry the bacon in a non-stick frying pan until crisp. Remove from the pan. Add the spring onions and peas, and cook for

2-3 mins. Add the beetroot and cook for 1-2 mins. Transfer to a serving dish and keep warm.

2 Add the oil to the pan. Season the salmon pieces with freshly ground black pepper, then cook for 10 mins, turning occasionally,

until opaque and cooked through. Serve with the pea mixture and bacon pieces.

PER SERVING Calories: 458
Fat: 24g Saturated fat: 6g
X Not suitable for freezing





Mackerel with fresh nectarines & ginger

SERVES 4

- + 4 large mackerel fillets
- + 4tsp dark soy sauce
- + 200g baby pak choi, cut in quarters
- + 200g sugar snap peas, halved lengthways
- + 3 ripe nectarines or peaches, halved, stoned and sliced
- + small handful coriander, torn
- + 1 bunch spring onions, trimmed and thinly sliced

FOR THE DRESSING:

- + 5tbsp sunflower oil
- + 1tbsp Thai fish sauce
- + 20g piece fresh ginger, finely chopped
- + 1 medium-strength red chilli, deseeded and thinly sliced
- + 2tbsp light muscovado sugar
- + 2tbsp rice wine vinegar

1 Whisk together the dressing ingredients and leave to stand.

2 Cut the mackerel fillets widthways into 5cm wide pieces. Toss in the soy sauce and place, skin side up, on a baking sheet lined with oiled foil. Cook under a moderate grill for 5 mins or until cooked through. Remove and leave to cool.

3 Bring a saucepan of water to the boil, add the vegetables, return to the boil and blanch for 30 seconds. Drain, rinse under

cold running water and drain thoroughly.

4 Scatter the veg on a platter. Top with the mackerel, fruit, coriander, onions and a little dressing, serving the rest on the side.

PER SERVING Calories: 562
 Fat: 38.5g Saturated fat: 6.5g
 ✗ Not suitable for freezing



Salmon pesto pasta

SERVES 2

- + 100g pasta shells or whichever shape you like
- + 2 salmon fillets, skinned
- + 100g green beans, trimmed and chopped
- + 3tbsp fresh green basil pesto
- + 8 baby plum tomatoes, halved

1 Add the pasta to a pan of boiling salted water and cook according to instructions on the pack. Put the salmon fillets on a piece of baking parchment in a

steamer and cook over the top for 10 mins.

2 Add the green beans to the pasta after 9 mins.

3 Drain the pasta quickly, keeping some of the water on. Stir in the pesto and halved tomatoes. Put back on a very low heat and stir in the flaked salmon for a couple of minutes. Serve.

PER SERVING Calories: 596
Fat: 29g Saturated fat: 3g
X Not suitable for freezing

Soused mackerel

SERVES 4

- + 4 mackerel, cleaned
- + 3 bay leaves
- + 2tbsp demerara sugar
- + 6 black peppercorns
- + a few slices of red onion
- + 150ml white wine or cider vinegar
- + 150ml cold black tea

1 Heat the oven to 190C, gas 5. Place the mackerel in a shallow ovenproof china or glass dish. Add the bay leaves, sugar, peppercorns and onion. Pour over the vinegar and tea.

2 Cover with foil and bake for 30-35 mins until the fish is tender and flakes easily.

3 Allow to cool then chill overnight. The juices will set into a jelly. Remove the mackerel and serve with bread and butter and a little of the jelly.

PER SERVING Calories: 466
Fat: 33g Saturated fat: 7g
X Not suitable for freezing

If liked you can prepare this with fillets of fish off the bone, but they will take less time to cook – about 10-15 mins.



Mustard & leek trout

SERVES 2

- + 1tbsp oil
- + 2 prepared rainbow trout, heads removed if you prefer
- + 3 leeks, trimmed and sliced
- + 2 banana shallots, finely chopped
- + 2 garlic cloves, crushed
- + 1tbsp plain flour
- + 150ml fish or vegetable stock
- + 2 lemons – reserve 4 slices and take the juice from the remainder
- + 2tsp Dijon mustard
- + ½tsp coarse ground black pepper
- + few sprigs of thyme
- + 1tbsp chopped flat parsley

1 Heat the oven to 200C, gas 6. Heat the oil in an ovenproof frying pan or casserole big enough to hold both fish. Brown the trout until golden, then set aside.

2 Turn down the heat and sweat the leek, shallots and garlic for 10 mins. Whisk the flour into the stock until smooth; add to the pan along with the lemon juice, mustard and black pepper, let it bubble for a few mins. Stuff the fish with the lemon slices and a little of the thyme. Set both fish in the pan, sprinkle over the rest of the herbs, cover and bake for 20 mins.

PER SERVING Calories: 790

Fat: 29g Saturated fat: 6g

X Not suitable for freezing





Spiced mackerel with beetroot potato salad

SERVES 2

- + 2-4 mackerel fillets, skin on, pin-boned
- + 2tbsp sunflower oil
- + 1tbsp cumin seeds
- + 1tbsp coriander seeds
- + pinch of chili flakes

FOR THE POTATO SALAD:

- + 2tbsp mayonnaise
- + 1tbsp white wine vinegar
- + 1tbsp olive oil
- + 250g new potatoes, boiled, drained and cooled

- + 2 sticks celery, sliced
- + 4 spring onions, sliced
- + 2-3tbsp freshly chopped mint, plus sprigs for garnish
- + 125g beetroot, diced

1 To make the potato salad, mix together the mayonnaise, vinegar and oil and season with salt and black pepper. Halve or quarter the potatoes, depending on their size and add to the mayonnaise mixture along with

the celery, spring onions and mint, and mix well.

2 Lightly stir in the beetroot, so that the mayonnaise dressing doesn't turn too purple.

3 Cut a few diagonal slashes in the skin of each mackerel fillet. Rub a little of the oil over each fish and coat in spices.

4 Heat the remaining oil in a frying pan and place the mackerel in the pan, skin side down. Press the fillets down well

while they are cooking to make sure the skin is really crispy. Cook for about 2-3 mins on each side or until the fish is completely cooked through.

5 Divide the potato salad between the plates and place the fish fillets on top and serve immediately.

PER SERVING Calories: 591
Fat: 44g Saturated fat: 7g
X Not suitable for freezing

Salmon & spaghetti Bolognese

SERVES 4

- + 250g salmon fillet, sliced
- + finely grated zest and juice of 1 lemon
- + 2tbsp olive oil
- + 1 Knorr Vegetable Stock Pot
- + 250g spaghetti
- + 150g Tenderstem broccoli
- + 1 onion, chopped
- + 2 garlic cloves, crushed
- + 1 red pepper, deseeded and chopped
- + 200g passata

1 Heat the oven to 200C, gas 6. Put the salmon on a non-stick baking tray. Season generously with salt and freshly ground black pepper and sprinkle over lemon zest and juice, and 1tsp olive oil. Bake for 10 mins.

2 Meanwhile, add the Stock Pot to a pan of water, bring to the boil, add the spaghetti and cook for 10 mins. Add the broccoli for the final 3 mins of cooking time.

3 Heat the remaining oil in a frying pan, add the onion, garlic and pepper, and simmer gently for 5 mins. Add the passata and simmer for a few mins.

4 Drain the pasta and broccoli, and combine with the sauce. Serve with the salmon.

PER SERVING Calories: 445
Fat: 14g Saturated fat: 2.5g
X Not suitable for freezing





Honey-glazed salmon

SERVES 2

- + 1tbsp runny honey
 - + 2tsp soy sauce
 - + 2 salmon fillets, 150g each, each cut into 5 squares
 - + 2tbsp sesame seeds
- TO SERVE:**
- + brown basmati rice
 - + peppers and spring onions, cut into batons

stir-fry the peppers and spring onions to serve with the fish. Drizzle with a little extra honey and soy sauce.

PER SERVING Calories: 380
 Fat: 25g Saturated fat: 4.5g
X Not suitable for freezing

Don't be tempted to cook the salmon too long. Leave it to rest while the rice and vegetables cook.

- 1 Heat the oven to 200C, gas 6. Drizzle honey and soy sauce over the salmon. Roll the salmon in the sesame seeds and cook, skin side down, in a roasting tin for 8-10 mins.
- 2 Meanwhile cook the rice and

Crispy oatly mackerel fillets

SERVES 2

- + 50g jumbo porridge oats
- + 1tbsp freshly chopped parsley
- + 4 mackerel fillets
- + 1 egg, beaten
- + 30g butter
- + 1tbsp sunflower oil
- + lemon wedges, to serve

- 1 Tip the oats onto a plate and season with salt and freshly ground black pepper and stir in the parsley.
- 2 Dip each fish fillet into the beaten egg and then coat with the oats.
- 3 Heat the butter and oil in a large frying pan and when hot, add the mackerel, cooking for 2-3 mins on each side or until crisp all over.
- 4 Remove the mackerel fillets from the pan and drain them on absorbent kitchen paper. Serve immediately with lemon wedges.



PER SERVING Calories: 653
 Fat: 47g Saturated fat: 14g
X Not suitable for freezing

Sichuan mackerel & rice noodle stir-fry

SERVES 2

- + 2tsp finely grated root ginger
- + 2 star anise, roughly broken
- + 2tsp Sichuan peppercorns
- + 3tbsp light soy sauce
- + 2tsp dark soy sauce
- + 1½tbsp mirin rice wine
- + 1½tsp runny honey
- + 4 mackerel fillets, skin on
- + 100g medium rice noodles
- + ½tbsp olive oil
- + 75g baby red and white salad onions
- + 1 small red pepper, sliced
- + 1tsp sesame oil
- + 100g sugar snap peas
- + 90g baby pak choi, halved lengthways
- + 1 red chilli, finely sliced
- + 1tbsp roughly chopped coriander leaves
- + lime wedges, to serve

1 Mix the ginger, star anise, Sichuan peppercorns, soy sauces, mirin and honey to make the marinade. Put the mackerel in a wide dish and cover with marinade. Leave for 30 mins or overnight in the fridge.

2 Cook the noodles according to pack instructions; drain and set aside. Heat the oil in a wok or frying pan, fry the mackerel for a few mins on both sides or until cooked through and browned. Set aside.

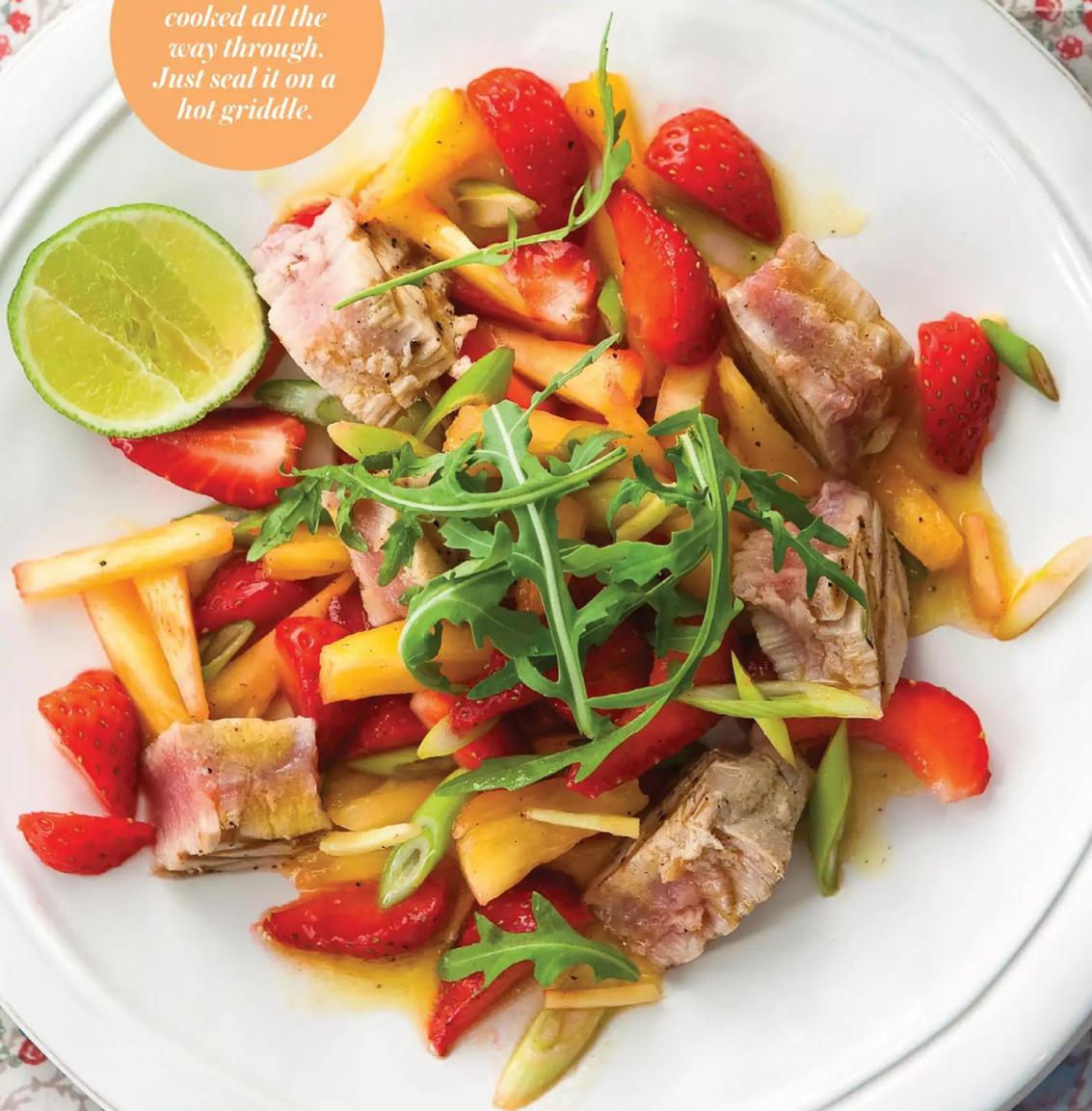
3 In the same pan, fry the onions and red pepper with the sesame oil for 1 min. Add the sugar snap peas and pak choi, along with any leftover marinade from the mackerel, then fry for another min. Toss in the noodles and chilli to warm through – don't heat for too long or the noodles will go soggy. Mix in the coriander and flake in the mackerel. Serve with lime wedges.

PER SERVING Calories: 694
 Fat: 50g Saturated fat: 10.5g
 X Not suitable for freezing



OMEGA 3

Tuna does not need to be cooked all the way through. Just seal it on a hot griddle.



Tuna with strawberry, pineapple & ginger salad

SERVES 2

- + 2tsp olive oil
- + 1 or 2 tuna steaks (about 200-250g in total)

FOR THE SALAD:

- + juice of 1 lime
- + 2-3tbsp olive oil
- + 2 spring onions, trimmed and sliced
- + 2.5cm chunk fresh root

ginger, peeled and cut into fine strips

- + 100g prepared pineapple, cut into small chunks
- + 150g strawberries, chopped
- + 2 handfuls of rocket leaves
- + 1 lime, halved

1 To make the salad: Whisk the lime juice and oil in a large bowl. Add the onions, ginger and season with salt and freshly ground black pepper. Gently mix in the pineapple and strawberries.

2 Rub oil over the tuna steaks and cook for a couple of mins on each side on a hot griddle.

Leave for a few mins then cut into cubes and arrange on two plates with the salad, rocket leaves and garnish with lime. Spoon any leftover dressing over.

PER SERVING Calories: 316
Fat: 19g Saturated fat: 19g
✗ Not suitable for freezing

Salmon, asparagus & pea frittatas

SERVES 4

- + 2 eggs
- + 2 egg whites
- + 50g smoked salmon, chopped
- + 50g asparagus tips, halved lengthways
- + 30g frozen peas
- + pinch of chopped fresh dill
- + 8 squirts spray oil, eg Frylight
- + handful of watercress, to serve

1 Heat the oven to 180C, gas 4. Mix the whole eggs, egg whites, salmon, asparagus, peas and dill. Season well with salt and pepper.

2 Spray four holes in a muffin tin with two squirts each of spray oil, divide the mixture between them and bake for 20 mins, or until set. Allow to cool for a couple of mins in the tins, then remove and serve hot or cold with watercress.

PER SERVING Calories: 455
 Fat: 37g Saturated fat: 15g
 ✗ Not suitable for freezing

To enjoy these tasty frittata bites on the go, line the holes of your muffin tin with cut squares of baking parchment before you spoon in the mixture.



Go nuts!

It's not just fish that have Omega 3 – nuts do too!

Some studies have shown that nuts lower the LDL (bad) cholesterol levels. However, as nuts are quite high in fat, take care not to eat too many of them. Walnuts have been found to be

particularly good, but almonds, hazelnuts and pecans are good too, as are peanuts (which aren't strictly speaking nuts). Use them to add flavour and crunch to salads and soups.

Beetroot, ricotta & walnut salad

With just the pomegranate molasses as a salad dressing, there isn't extra oil added to this salad, so the fat content remains fairly low even though it has nuts in it.

SERVES 4

- + 15g pumpkin seeds, toasted
- + 30g walnut halves, toasted
- + 150g ricotta cheese, divided into large chunks
- + 75g pea shoots
- + 250g pre-cooked

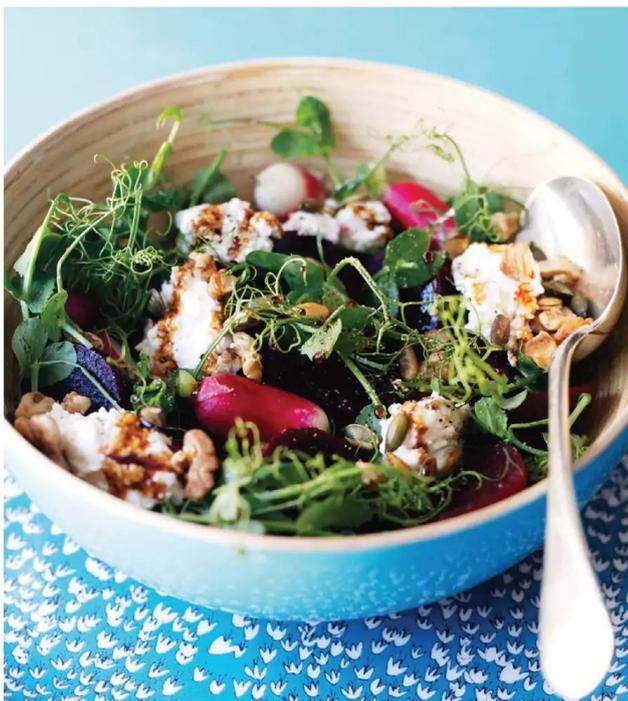
unpickled baby beetroot

- + 200g radishes
- + 2tbsp pomegranate molasses

1 Combine all the ingredients in a large salad bowl and drizzle with the pomegranate molasses.

PER SERVING Calories: 171 Fat: 11g Saturated fat: 3g

X Not suitable for freezing



Spicy roast squash, spinach & goat's cheese salad

SERVES 4

- + 400g peeled, diced butternut squash or pumpkin
- + 1/2tsp ground cumin
- + 1/2tsp paprika
- + 2tbsp olive oil
- + a handful of black olives, pitted
- + 100g goat's cheese or feta cheese
- + 25g pecan nuts, shelled and roughly chopped
- + 100g baby spinach leaves, washed

FOR THE DRESSING:

- + 1tbsp red wine vinegar
- + 3tbsp extra virgin olive oil
- + 1 shallot, finely sliced

- 1 Heat the oven to 220C, gas 7. Place the butternut squash or pumpkin in a roasting tray and sprinkle with the spices and oil, stir well and bake for 30 mins, or until the butternut or pumpkin is tender and slightly browned.
- 2 Roughly chop the olives and crumble the cheese.
- 3 To make the dressing, whisk all the ingredients together.
- 4 Just before serving toss the butternut or pumpkin with the olives, nuts and spinach then arrange on plates and top with the crumbled cheese.

PER SERVING Calories: 314

Fat: 29g Saturated fat: 6.5g

X Not suitable for freezing



Griddled veg with hazelnut dressing

SERVES 2

- + 1 aubergine, sliced
- + 2 large courgettes, sliced
- + 2tbsp hazelnut oil

FOR THE DRESSING:

- + 30g hazelnuts, roughly chopped
- + 1tbsp hazelnut oil
- + few sprigs thyme

- + Greek-style yogurt, to serve
- + lime zest and wedges, to garnish

1 Brush the aubergine and courgette slices with the oil and cook in batches in a griddle pan until lightly charred

on both sides. If you don't have a griddle pan then they may be cooked under a hot grill.

2 To make the dressing toast the hazelnuts in a small pan, then add the hazelnut oil and a few sprigs of thyme. Warm through. Arrange the veg on a platter. Spoon the nutty

dressing over. Serve with yogurt sprinkled with lime zest. Serve warm or cold with lime wedges to squeeze over.

PER SERVING Calories: 328
 Fat: 32g Saturated fat: 3g
 X Not suitable for freezing





Veggies

Vegetables

- 24 Chicken & kale stir-fry
- 25 Pea & prawn risotto
- 26 Bubble & squeak with roasted tomatoes
- 27 Chilli greens on toast with egg & chilli jam

Salads

- 28 Superfood salad with miso dressing
- 29 Posh bacon, egg & onion salad
- 30 Kale Caesar salad
- 31 Quinoa & mackerel salad

Go green for health

Packed full of vitamins and minerals, greens help your five-a-day really add up

The soluble fibre in vegetables helps to lower cholesterol levels, and is particularly good for lowering LDL (bad) cholesterol ones. The stronger the colour of the vegetables, generally the better they are as they contain more

antioxidants. Also, lutein, the yellow pigment found in dark green leafy vegetables, particularly spinach and kale, and in egg yolks, helps to prevent cholesterol clogging arteries. Make them the basis of your meals often.

Chicken & kale stir-fry

SERVES 4

- + 425g pack mini chicken breast fillets
- + 2.5cm fresh ginger, grated
- + 2 garlic cloves, peeled and grated
- + finely grated zest and juice of 1 lemon
- + 2tbsp rapeseed oil
- + ¼tsp turmeric
- + 2 red onions, sliced
- + 250g chopped curly kale
- + 2tbsp miso paste
- + 2 carrots, cut into ribbons with a vegetable peeler

- 1 Put the chicken in a shallow dish. Add the ginger, garlic, lemon zest and juice and stir well to mix. Leave to marinate for 30 mins.
- 2 Heat the oil in a wok or large frying pan, add the chicken and cook for 3 mins to brown. Sprinkle over the turmeric, stir well and cook for a further 3 mins.
- 3 Push the chicken to one side and add the sliced onions. Cook for 3 mins to soften slightly.
- 4 Add the kale. Stir the miso paste into 200ml boiling water and pour over the kale, cover and cook for 3 mins. Add the carrots and cook for 2 mins more before serving.

PER SERVING Calories: 254

Fat: 8.5g Saturated fat: 1g

✗ Not suitable for freezing



Pea & prawn risotto

SERVES 4

- + 900ml best-quality fresh fish or vegetable stock
- + 2tbsp olive oil
- + 3 small shallots, finely chopped
- + 250g risotto rice
- + 125ml dry white wine
- + 300g peas, fresh or frozen
- + finely grated zest of 1 lemon, plus 2tbsp juice
- + large handful of pea shoots, plus extra to serve
- + 150g prawns
- + 3tbsp 0% fat crème fraîche

Use good-quality stock for this risotto, whether homemade or shop-bought, as it will make all the difference to the final taste.

1 Put the stock in a pan set over a medium heat and bring to a simmer. In a separate, medium-sized pan, heat the olive oil over a low heat. Add the shallots and cook gently for 5 mins, until translucent but not coloured. Increase the heat slightly and stir in the rice, making sure each grain is coated in oil. Add the wine and stir until it has nearly all evaporated.

2 Add a ladleful of hot stock and stir until it has nearly evaporated before adding another ladle. Continue adding stock and stirring in this way for about 15-20 mins, until the rice is almost cooked and all the stock has been used. Add a little water if the risotto looks dry; it should be creamy and loose.

3 Stir in the peas and cook for 2 mins more, then remove from the heat and stir in the lemon zest and juice, pea shoots, prawns and crème fraîche.

4 Cover and leave for 5 mins. Divide between shallow serving bowls and top each with a small pile of fresh pea shoots.

PER SERVING Calories: 220

Fat: 9g Saturated fat: 1.5g

✗ Not suitable for freezing



Bubble & squeak with roasted tomatoes

SERVES 4

- + 500g flourey potatoes (Maris Piper or Estima), peeled and cut into chunks
- + 300g celeriac, peeled and cut into chunks
- + 250g spring greens, washed
- + 5tbsp milk
- + 4tbsp olive oil
- + 16-20 cherry tomatoes on the vine
- + 60g reduced-fat mature Cheddar cheese, grated
- + balsamic or sherry vinegar dressing, to serve, optional

1 Put the potatoes and celeriac into a pan with enough lightly salted boiling water to just cover them. Put the lid on and cook for 12-14 mins until tender. Cut out the thick central vein in the spring green leaves. Drain the potatoes and celeriac over another pan to reserve the liquid for cooking the greens. Bring this to the boil, add the greens and cook, uncovered, for 3 mins until just tender.

2 Meanwhile tip the potatoes back into their pan, dry over a

low heat for 30 secs then add the milk and 1tbsp olive oil, bring to the boil, take off the heat, and mash until smooth. Drain the greens well, squeeze out the water then chop them fairly finely and stir them into the mash and season well.

3 Heat the grill to medium. Put the tomatoes, on the stem, on a baking sheet. Drizzle with 1tbsp of oil and grill until they start to soften and split. Set aside.

4 Heat a medium frying pan, add the rest of the oil and then the

mash mixture. Cook over a medium to low heat for 5 mins until the bottom is browned then sprinkle with the cheese and put under the grill to brown the top.

5 Serve straight from the pan, with the roasted tomatoes on top with some dressing in a small dish to sprinkle over, if you like.

PER SERVING Calories: 312
Fat: 18g Saturated fat: 5g
X Not suitable for freezing

Chilli greens on toast with egg & chilli jam

SERVES 2

- ✦ 2 garlic cloves, peeled
- ✦ 4tbsp olive oil
- ✦ 1 mild red chilli, finely sliced
- ✦ 600g mixed green leaves and shoots, such as large spinach leaves, chard, asparagus and watercress
- ✦ 2 eggs
- ✦ 2 large, thick slices of bread
- ✦ chilli jam or chilli sauce, to serve

1 Finely slice one of the garlic cloves and halve the other. Warm 2tbsp of olive oil in a large frying pan. Add the sliced garlic and chilli and cook over a medium heat for 1 min. Add the greens and stir-fry for 3-4 mins, tossing the pan often until the greens are wilted but retain a bit of bite. Season well with salt and black pepper.

2 In a separate pan, gently fry the

eggs in 1tbsp of olive oil until the whites are set and the edges are golden. Toast the bread until slightly charred then rub one side of each slice with the cut sides of the halved garlic clove. Divide the greens between the toast slices and top each with a fried egg, a few drops of olive oil and a spoonful of chilli jam or sauce.

PER SERVING Calories: 204

Fat: 36g Saturated fat: 6g

X Not suitable for freezing

Use any combination of robust greens you like, from the first tender asparagus shoots to peppery watercress.



Super Salads

➤ *New twists on fresh greens for a health boost* ➤

Green salad leaves give vitamins and antioxidants, but a drizzle of olive or nut oil can boost the healthiness as these types of oil have been shown to help with lowering cholesterol. Looking

at Mediterranean diets in countries such as Greece and Italy, people there have lower rates of cardiovascular disease than in Britain, which is much attributed to the types of food and oil they eat.

Superfood salad with miso dressing

SERVES 4

- + 200g asparagus
- + 200g green beans, trimmed and halved
- + 200g Tenderstem broccoli
- + 8 shiitake mushrooms
- + 1 red onion
- + 2 garlic cloves
- + 2tbsp light olive oil
- + 2 little gem lettuces
- + 1tbsp tahini
- + 2tbsp sweet white miso paste
- + 2tbsp lemon juice
- + 1tsp tamari soy sauce

1 Microwave the asparagus on high for 4 mins with 1tbsp water. Repeat with the green beans and broccoli. Slice the mushrooms and onion and crush the garlic.

2 Heat the olive oil in a pan and cook the mushrooms, red onion and garlic for a few mins until starting to soften. Add 2tbsp water and cook for 2 mins more.

3 Separate the leaves of the little gem lettuces and divide between four plates. Combine the veg and serve on top of the lettuce.

4 Combine the tahini, sweet white miso paste, lemon juice and tamari sauce and drizzle over the salad.

PER SERVING Calories: 198

Fat: 12g Saturated fat: 2g

X Not suitable for freezing



Posh bacon, egg & onion salad

SERVES 4

- + 6 quail eggs
- + 1tbsp olive oil
- + 200g smoked lardons
- + 150g sourdough loaf, cut into 2cm cubes
- + large head escarole, frisée or curly endive, leaves separated, washed and dried
- + 1 bunch spring onions, white parts sliced and green tops shredded

FOR THE DRESSING:

- + 2tbsp red wine vinegar
- + 3tbsp walnut oil
- + 1tbsp olive oil
- + pinch of sugar
- + 1tsp wholegrain mustard
- + ½ garlic clove, peeled and crushed

1 Plunge the eggs into boiling water and simmer for exactly 2 mins. Drain and cover with iced water to cool as quickly as possible, then peel off the shells.

2 Heat the oil in a frying pan. Add the lardons and fry gently until they are golden and the fat has run, then remove to a plate with a slotted spoon. Add the sourdough cubes to the pan and stir until crisp and golden. Return the lardons to the pan and keep warm.

3 Whisk the dressing ingredients together with a tablespoon of

water and season generously with salt and freshly ground black pepper. Toss the escarole leaves with half of the dressing, then add the lardons, croutons and sliced spring onion whites. Divide between four plates. Halve the quail eggs and add 3 halves to each portion, then finish with the dressing and spring onion tops.

PER SERVING Calories: 451

Fat: 33g Saturated fat: 7.5g

X Not suitable for freezing





If you can't find baby kale, roughly chop leaves of regular kale, dip in boiling water for 30-60 seconds, then rinse under cold water and drain.

Kale Caesar salad

SERVES 2

- + 2tbsp buttermilk
- + 1tsp Dijon mustard
- + 1tsp cider vinegar
- + 1 slice chia and flaxseed rye bread, eg Biona
- + extra virgin olive oil spray, eg Frylight
- + 1 garlic clove, peeled and crushed
- + 60g baby kale
- + 8 anchovy fillets

+ 2tbsp Parmesan cheese shavings

- 1 Mix the buttermilk, Dijon mustard and cider vinegar together. Cut the bread into cubes.
- 2 Squirt a non-stick pan with the olive oil spray, add the garlic and the bread cubes and fry over a medium heat for a few mins.

- 3 Arrange the baby kale on two plates, top each with 4 anchovies, the croutons and Parmesan cheese shavings. Season and drizzle over the dressing.

PER SERVING Calories: 175
Fat: 10g Saturated fat: 3g
X Not suitable for freezing



Quinoa & mackerel salad

SERVES 2

- + 125g mixed quinoa
- + 2tbsp parsley
- + 100g Tenderstem broccoli
- + 60g peas
- + 2 smoked mackerel fillets, flaked
- + 50g spinach
- + 60g cucumber, thinly sliced
- + ½ red onion, thinly sliced
- + 2tbsp virgin olive oil
- + 2 cooked beetroots, sliced into wedges
- + 2tbsp seeds, eg sunflower or mixed seeds

1 Cook the quinoa according to pack instructions (approximately 15-20 mins). Then drain, season well and stir through the parsley.

2 Meanwhile, bring a medium pan of water to the boil and add the broccoli and peas. Return to the boil then cook for 3 mins before draining.

3 In a large bowl gently toss the quinoa, broccoli, peas, mackerel, spinach, cucumber and red onion together with the oil. Fold through the beetroot and scatter with the seeds to serve.

PER SERVING Calories: 496

Fat: 37g **Saturated fat:** 3g

X Not suitable for freezing

For a vegetarian version, swap the mackerel for avocado.





Super food

Tomatoes

- 34 Heritage tomato salad
- 35 Provençal tomato pizza
- 36 Courgette & tomato gratin
- 37 Sicilian-style roasted veg
- 38 Roasted crunchy tomatoes
- 38 Spanish-style prawns
- 39 Chicken summer stew
- 40 Cheesy Quorn & tomato bake
- 41 Roasted tomato soup
- 42 Roasted ratatouille
- 42 Warm spiced tomato & cauliflower
- 43 Roast lamb & tomatoes

Avocados

- 44 Huevos rancheros
- 45 Crab & avocado cocktail
- 46 Vitality salad
- 46 Avocado pesto & pasta
- 47 Avocado toasts with eggs
- 48 Avocado, chickpea & radicchio
- 48 Griddled prawns & avocado salad
- 49 Egg burritos

Apples

- 50 Butternut squash & apple soup
- 51 Cinnamon baked apples
- 52 Kale, cheese & apple salad
- 52 Apple & blueberry compote
- 53 Chicken casserole with apples

Fabulous tomatoes

One of your five-a-day, tomatoes can also help to lower cholesterol

The pigment in tomatoes that gives them their colour is lycopene. It's this lycopene that some research has shown can help to lower cholesterol levels; however, tests are still ongoing to assess the actual benefit. While there have been claims that cooked tomatoes

are "as good as statins" for lowering cholesterol, the truth has yet to be fully established. Some studies have shown that tomatoes can help to inhibit LDL ("bad" cholesterol) production and can help break down artery-clogging fat. Tasty and good for you!

Heritage tomato salad

SERVES 6

- + 500g bag miniature potatoes
- + 800g mixed tomatoes (look out for colourful heritage varieties)
- + ½ cucumber, seeds removed and cut into chunks
- + 1 small red onion, thinly sliced
- + 100-125g pack pomegranate seeds
- + 1-2tsp sumac powder
- + 3tbsp extra virgin olive oil
- + ½-1 lemon
- + handful of fresh herbs, chopped, eg tarragon and parsley

1 Cook the potatoes in boiling water for 15 mins, or until just tender. Meanwhile, slice the tomatoes and arrange on a platter with the cucumber.

2 To make the dressing, mix together the onion, pomegranate seeds, sumac and oil and squeeze over the lemon juice to taste.

3 Drain the cooked potatoes and cool them under cold running water. Halve or slice the potatoes and add to the tomatoes and cucumber. Season, then dress the salad, tossing well to coat in the ingredients. Scatter over the herbs and serve.



PER SERVING Calories: 164
Fat: 6.5g Saturated fat: 1g
X Not suitable for freezing

Provençal tomato pizza

SERVES 6

- † 230g pack ready-rolled shortcrust pastry round
- † 3tbsp sun-dried tomato paste
- † 2 x 100g packs goat's cheese
- † 600g mixed tomatoes, thickly sliced or halved
- † handful of fresh basil leaves

1 Heat the oven to 220C, gas 7. Unroll the pastry and transfer it, still on its wrapping paper, to a baking sheet. Spread the tomato paste on the pastry. Slice each goat's cheese round in half through the middle to make 2 rounds, then cut each into 4. Scatter the cheese over the

pastry, then arrange the tomatoes on top in a random pattern.

2 Bake in the centre of the oven for 15-20 mins, or until the pastry is cooked through and the tomatoes and goat's cheese have turned golden. Season with salt and pepper and scatter over the fresh basil leaves before serving.



PER SERVING Calories: 315
Fat: 21g Saturated fat: 11g
X Not suitable for freezing

Courgette & tomato gratin

SERVES 4

- + 1 red pepper
- + 6 tomatoes
- + 2tbsp olive oil
- + 1 red onion, finely diced
- + 2 garlic cloves, crushed
- + 1tbsp mint, chopped
- + 1tbsp basil, chopped
- + 1tbsp parsley, chopped
- + 1-2 medium courgettes
- + 50g Gruyère, grated

1 Cut the red pepper in half and discard the core. Dice the pepper and 2 tomatoes. Heat 1tbsp oil in a pan and fry the onion, garlic and diced red pepper until tender. Add 1 chopped tomato and most of the herbs, then cook for 5 mins until softened.

2 Spoon half this mixture into a shallow gratin dish and heat the oven to 180C, gas 4.

3 Slice the courgettes and remaining tomatoes and toss together in a shallow baking dish. Sprinkle with seasoning and the remaining chopped pepper mixture. Drizzle with the remaining olive oil.

4 Bake for 20 mins until the vegetables are almost tender, then sprinkle with the cheese and cook for a further 5 mins until the cheese has melted.

PER SERVING Calories: 139
 Fat: 12g Saturated fat: 3.5g
 X Not suitable for freezing



Sicilian-style roasted veg

(Opposite page)

SERVES 4

- + 12 small shallots, peeled
- + 1 garlic bulb, separated into cloves
- + 1 aubergine, trimmed and roughly chopped
- + 4tbsp olive oil
- + about 250g cherry tomatoes on the vine
- + 2tbsp pine nuts
- + 2tbsp sultanas
- + 200g can stuffed green olives with lemon
- + 2tbsp balsamic vinegar
- + handful of basil leaves

1 Heat the oven to 200C, gas 6. Put the shallots, whole unpeeled garlic cloves and aubergine in a roasting tin. Drizzle with half the oil and roast for about 50 mins to 1 hr, until the shallots are browning. Add the tomatoes and pine nuts. Drizzle with the rest of the oil and continue cooking for another 20-30 mins.

2 Add the sultanas and olives, drizzle with balsamic vinegar, stir in gently and garnish with basil leaves.

PER SERVING Calories: 278
 Fat: 6g Saturated fat: 3.5g
 X Not suitable for freezing

Serve warm with grilled or roasted meat, or to make it into a vegetarian meal, stir in a can of drained cannellini beans.



Roasted crunchy tomatoes



SERVES 6

- + 6 ripe medium-sized tomatoes, halved
- + a little sugar
- + 6 rounded tbsp fresh breadcrumbs

- + 1 garlic clove, peeled and finely chopped
- + zest of 1 lemon
- + 1tbsp fresh thyme leaves or fresh chopped parsley
- + 2tbsp virgin olive oil

1 Heat the oven to 200C, gas 6. Halve the tomatoes and put them, cut side up, in a baking dish.

2 Season well with salt, pepper and a few pinches of sugar.

3 Sprinkle with breadcrumbs, garlic, most of the lemon zest, the thyme leaves and the oil.

4 Bake for 20-25 mins until the crumbs are browned. Garnish with the rest of the lemon zest and a few sprigs of fresh thyme or parsley leaves, if you like. Serve warm as a starter with some garlic bread or focaccia or as a vegetable accompaniment to cooked meat or fish.

PER SERVING Calories: 107

Fat: 4g Saturated fat: 1.5g

X Not suitable for freezing

Spanish-style prawns



SERVES 2-3

- + 2tbsp olive oil
- + 1-2 garlic cloves, peeled and finely sliced
- + 1 fennel bulb, thinly sliced
- + handful of flat parsley sprigs
- + 500g cherry tomatoes on the vine, eg Piccolini
- + 5tbsp Manzanilla sherry
- + 1tbsp sun-dried tomato paste
- + 10-15 large raw prawns,

peeled, leaving tail shell on
+ bread, to serve

1 Heat the oil in a large shallow pan. Add the garlic, fennel and parsley stalks and fry gently for 12-15 mins until tender. Add the cherry tomatoes, sherry and tomato paste. Bring to the boil then simmer gently for 5 mins, until thickened.

2 Push the prawns into the sauce, cook for 2 mins, then turn them and cook for a further 1-2 mins, or until they are pink all over. Season and sprinkle with parsley leaves. Serve with bread.

PER SERVING Calories: 171

Fat: 4g Saturated fat: 1.5g

X Not suitable for freezing

Chicken summer stew

(Opposite page)

SERVES 6

- + 4 skinless chicken breasts
- + 4tsp stock powder, eg Marigold Swiss Vegetable Bouillon
- + 2tbsp light olive oil
- + 1 red onion, peeled and chopped
- + 2 carrots, peeled and finely chopped
- + 2 garlic cloves, peeled and sliced
- + 2tbsp tomato purée
- + 1kg fresh plum tomatoes
- + 20g pack basil, shredded, reserving a few leaves for the garnish
- + 1tbsp capers
- + 2tbsp sliced pitted green olives

1 Put the chicken breasts in a pan with the stock powder and pour over 1 litre boiling water. Simmer for 25 mins, or until the chicken is cooked through.

2 Meanwhile, heat the oil in another large pan or casserole and gently cook the onion and carrots for 10 mins. Add the garlic and tomato purée and stir into the veg. Cook for a further 2 mins.

3 Put the tomatoes into a food processor and whizz, then add to the pan with the veg. Cook for 20 mins, until reduced and the sauce has thickened. Break up the chicken and add to the tomato sauce, with a little chicken stock, as needed. Garnish with basil. Serve scattered with capers and olives.

PER SERVING Calories: 213

Fat: 7g Saturated fat: 1g

* When cold, pack in a suitable freezer container and freeze for up to one month. Allow to defrost before reheating.





HOW TO...

MAKE PASTA SAUCE

If you want to make your own sauce, soften a chopped onion and crushed garlic clove in 1tbsp oil for about 5-10 mins, then add a can of chopped tomatoes. Simmer gently for about 10-15 mins, then stir in 1-2tbsp freshly chopped basil and season to taste.

Cheesy Quorn & tomato bake

SERVES 4

- + 300g penne or other pasta
- + 1tbsp olive oil
- + 1 garlic clove, crushed
- + 350g pack Quorn chicken-style pieces
- + 750g frozen mixed grilled vegetables
- + 500g jar tomato and basil pasta sauce
- + handful of fresh basil leaves, torn, plus extra to garnish (optional)
- + 125g pack mozzarella, drained and torn into pieces

1 Heat the oven to 200C, gas 6. Cook the pasta in a large pan of boiling water for 8-10 mins until just cooked.

2 At the same time, heat the olive oil in a large frying pan. Add the garlic, Quorn and frozen vegetables and stir-fry for 5 mins until the vegetables are defrosted. Pour in the jar of sauce, bring to the boil and simmer for 5 mins.

3 Drain the pasta, add to the sauce with the basil leaves and stir well. Tip into a large baking dish. Scatter the mozzarella over the top and bake in the oven for 20 mins until golden and bubbling. Season with freshly ground black pepper and garnish with fresh basil leaves, if liked.

PER SERVING Calories: 612

Fat: 19.5g **Saturated fat:** 6.5g

X Not suitable for freezing

Roasted tomato soup (Opposite page)

SERVES 4-6

- + 1 large red onion, peeled and finely chopped
- + 2 garlic cloves, peeled and finely chopped
- + 1 fresh red chilli, halved and deseeded (optional)
- + 2 large ripe red tomatoes, quartered
- + 750g ripe cherry tomatoes on the vine
- + 3tbsp olive oil
- + ½ ciabatta loaf
- + a good handful of basil leaves

1 Heat the oven to 220C, gas 7.

Mix the onion, garlic, chilli, if using, pieces of tomato and cherry tomatoes (off the vine) with 2tbsp oil and seasoning in a large roasting tin. Roast in the oven for 30 mins.

2 Tear the ciabatta into small chunks, spread out on a baking sheet, drizzle with the rest of the oil and bake in the oven, below the tomatoes, for 15 mins until crispy.

3 Ladle the tomato mixture, in batches, into a food processor and whizz until nearly smooth. Add about 300ml hot water to the processor bowl, along with a good handful of basil leaves. Whizz again to chop the leaves. Reheat the soup to serve. Add more water if you prefer a thinner soup.

4 Spoon some crunchy croutons into mugs. Ladle soup over and top with a few basil leaves.

PER SERVING Calories: 160

Fat: 7g **Saturated fat:** 1g

* When cold, pack the soup into a suitable container and freeze for up to three months. Allow to defrost before reheating. The croutons are not suitable for freezing.

Cherry tomatoes are sweeter in flavour, but use any bargain tomatoes you can get and add a teaspoon of sugar.



Roasted ratatouille

SERVES 4-6

- + 2 red Romano or bell peppers, halved, deseeded and cut into big chunks
- + 1 aubergine, sliced thickly and the slices halved
- + 2 courgettes, trimmed, halved and cut into short chunks
- + 2 red onions, peeled and cut into 6 wedges
- + 4 large plum or round tomatoes, halved
- + 1tbsp dried oregano
- + 5tbsp olive oil
- + 2 garlic cloves, peeled and chopped
- + 400g can chopped tomatoes

1 Heat the oven to 190C, gas 5. Put all the prepared vegetables in a large roasting tray or tin, in a single layer if possible. Sprinkle



with the oregano and seasoning and drizzle with 4tbsp of the oil. Mix everything well with your hands. Roast for 45-50 mins until the vegetable are soft and beginning to brown. Stir a couple of times while cooking.

2 When the vegetables are nearly cooked, heat a large frying pan and add the rest of the oil and the garlic, and cook

until the garlic begins to brown. **3** Pour the canned tomatoes into the pan, bring to the boil and simmer for 10 mins. Stir in the vegetables and serve.

PER SERVING Calories: 150
Fat: 10g Saturated fat: 1.5g
X Not suitable for freezing

Roast lamb & tomatoes

(Opposite page)

SERVES 8

- + 1.5kg boneless extra trimmed leg of lamb
- + 2tbsp olive oil
- + 2tbsp balsamic vinegar
- + 1tbsp chopped fresh rosemary leaves, plus extra leaves to garnish
- + juice and zest of 1 lemon
- + 1/2 bulb garlic, cloves bashed and skin removed
- + 600g small tomatoes on the vine

1 Marinate the lamb with the oil, vinegar, chopped rosemary leaves, lemon juice and zest and the garlic in a large plastic food bag or sealed plastic container. Leave for at least 2 hrs or overnight.

2 Heat the oven to 200C, gas 6. Remove the lamb, reserving the marinade. Sear the lamb on both sides on a large griddle pan or barbecue. Once browned, place in a roomy roasting tin with the reserved marinade. Roast for 1/4 hrs, add the tomatoes to the tin and roast for a further 20-30 mins, then remove from the oven. Rest the meat on a carving board, covered with a sheet of tin foil, for around 20 mins.

3 Carve the meat into chunky slices and arrange on a platter with the tomatoes. Pour over any warmed cooking juices, scatter over some fresh rosemary and serve.

PER SERVING Calories: 333
Fat: 18g Saturated fat: 7g
X Not suitable for freezing



Warm spiced tomato & cauliflower salad

SERVES 4-6

- + 1 cauliflower, separated into florets
- + 1tsp cumin seeds
- + good pinch of chilli powder
- + 200g baby plum tomatoes
- + 2tbsp virgin olive oil
- + juice and zest of 1 lemon
- + 150g green beans, tailed and cut into 3
- + 2 x 250g packs Merchant

Gourmet Mixed Grains

- + 2tsp soy sauce

1 Heat the oven to 200C, gas 6. Toss the cauliflower florets with the spices, tomatoes, 1tbsp of the oil and the lemon zest on a baking tray. Roast for 20 mins, or until the cauliflower has browned and is tender.

2 Meanwhile, blanch the beans

in boiling water for 3-4 mins, drain then refresh under cold running water. Microwave the mixed grain pouches according to pack instructions and empty into a bowl. Add the beans, cauliflower and tomatoes, soy sauce, lemon juice and remaining olive oil. Mix well and serve warm.

PER SERVING Calories: 250
Fat: 10g Saturated fat: 1.5g
X Not suitable for freezing



Amazing avocados

Ditch bad fats and add these good ones to your diet

Although avocados are high in fat, most of it is monounsaturated fat, and some research has shown that it may actually help to raise the levels of HDL (“good” cholesterol) while lowering the levels of LDL (“bad” cholesterol). Also adding to

their cholesterol-busting properties are the beta-sitosterols that are in them, which reduce the amount of cholesterol absorbed from food – so overall avocado is real superfood in the battle against cholesterol.



Huevos rancheros

SERVES 4

- + 1tbsp olive oil
- + 1 onion, finely chopped
- + 1 garlic clove, finely chopped
- + 1 red pepper, thinly sliced
- + 1 red chilli, finely sliced
- + 400g can chopped tomatoes
- + 4 eggs
- + 4 tortillas
- + 1 avocado, sliced
- + 50g Cheddar cheese, grated
- + coriander leaves (optional), to serve

1 Heat the oil over a medium heat in a frying pan and add the onion, garlic, pepper and chilli. Cook for 5 mins until beginning to soften, pour over the tomatoes and cook for a further 5 mins.

2 Make four holes in the tomato mixture and crack the eggs into the holes. Cover with a lid and cook for 5 mins, until the eggs are set to your liking.

3 Meanwhile, heat the tortillas in a separate pan for 1 min until slightly crisp. For each tortilla, spoon over a quarter of the tomato mixture and 1 egg. Top with avocado, cheese and coriander, if using, and season with freshly ground black pepper.

PER SERVING Calories: 218
Fat: 14g Saturated fat: 5g
X Not suitable for freezing

"Ranch-style eggs" make a tasty breakfast or leisurely brunch



Crab & avocado cocktail

SERVES 2

- + 1 ripe avocado, stoned and peeled
- + 100g carton white crab meat
- + 3tbsp light salad cream (eg Heinz 70% less fat)
- + 1tbsp tomato ketchup
- + dash of Tabasco sauce
- + paprika, for serving

1 Slice the avocado and divide between two serving plates. Divide the white crab meat between the two plates.

2 To make the sauce, mix together the salad cream, ketchup and seasoning then add Tabasco sauce to taste. Spoon the sauce over the crab and sprinkle over a little paprika before serving.

PER SERVING Calories: 273
Fat: 22g Saturated fat: 5g
X Not suitable for freezing

SUPERFOODS

Vitality salad

SERVES 4

- + 1tbsp olive oil
- + 350-400g pack mini chicken breast fillets
- + 1 garlic clove, peeled and crushed
- + 125g giant wholewheat couscous
- + 2 ripe avocados, peeled, stoned and sliced
- + 2 baby romaine lettuces, torn into pieces
- + 100g pack pomegranate seeds
- + 4tbsp light Italian dressing

1 Heat the oil in a pan and add the chicken and garlic and cook for 10 mins then remove the pan from the heat.

2 Cook the couscous as directed on the pack, drain and then stir into the chicken. Leave to go cold if preferred.

3 Divide the chicken, couscous,

avocado, lettuce and pomegranate between four bowls. Drizzle over the dressing and mix lightly.

PER SERVING Calories: 419

Fat: 19g Saturated fat: 4g

X Not suitable for freezing



Avocado pesto & pasta

SERVES 2

- + 1 ripe avocado
- + juice of 1 lime
- + 2tbsp basil leaves
- + 1 garlic clove, peeled
- + 2tbsp virgin olive oil
- + 2tbsp Parmesan cheese, plus a few shavings for serving
- + 250g tagliatelle verdi

1 Scoop the avocado flesh into a food processor. Add all the ingredients except the pasta. Add salt and freshly ground black pepper, then blend until just smooth.

2 Cook the pasta in boiling water as directed on the pack, drain well, and stir through the avocado mixture. Serve immediately with a few shavings of Parmesan on top.

PER SERVING Calories: 770

Fat: 36g Saturated fat: 8g

X Not suitable for freezing





Avocado toasts with soft-boiled eggs

SERVES 4

- + 4 eggs
- + 2 ripe avocados
- + juice of ½ lime
- + 8 slices stoneground wheaten bread

1 Put a pan of water to boil. Add the eggs, return to the boil and cook for 7 mins.

2 Quarter the avocados, then remove the peel and stone. Put the flesh in a bowl and season generously. Squeeze over the lime juice and mash with a fork.

3 Toast the bread until golden.

Peel and halve the eggs.

Spread the mashed avocado on the toast and top with halved eggs.

PER SERVING Calories: 429

Fat: 22g Saturated fat: 5g

X Not suitable for freezing



Avocado, chickpea & radicchio salad

SERVES 2

- + 400g can chickpeas, drained and rinsed
- + 1 small head radicchio, shredded
- + 1 red onion, peeled and thinly sliced
- + 5tbsp chopped fresh coriander, plus a few sprigs, to garnish
- + 1 large ripe avocado, cut into chunks

FOR THE DRESSING:

- + 6tbsp tahini paste
- + 6tbsp 0% fat crème fraîche
- + 1-2 garlic cloves, peeled and crushed
- + juice of 2 lemons

1 Divide the chickpeas, radicchio, half the red onion, the coriander and avocado between two serving bowls. Top with the remaining red onion and a few sprigs of coriander.

2 To make the dressing, whisk together the tahini, crème fraîche and garlic with 5tbsp water, then add the lemon juice gradually to taste. Season with salt and black pepper and drizzle over the salad.

PER SERVING Calories: 610
 Fat: 42g Saturated fat: 7g
 ✗ Not suitable for freezing

Griddled prawns & avocado salad

SERVES 2

- + 100g bulgur wheat
- + 4 thin spring onions, trimmed and finely chopped
- + 6 Kalamata olives, stoned and chopped
- + About 100g piccolini cherry tomatoes, quartered
- + 2 handfuls fresh flat parsley leaves, stems removed
- + 1 handful fresh dill sprigs
- + 1-2tbsp lemon juice
- + 1 small ripe avocado
- + 2tbsp olive oil
- + 150g raw tiger prawns

1 Rinse the wheat under cold running water. Put it in a bowl and cover with about 100ml

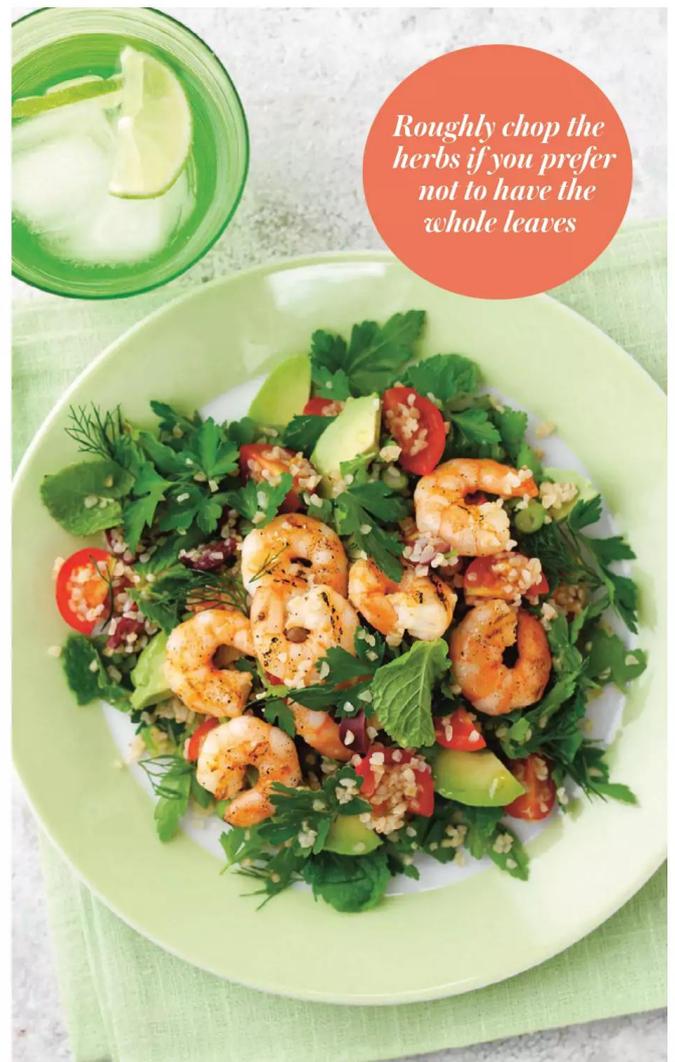
boiling water and leave for 5-10 mins.

2 Add the spring onions, olives, tomatoes, herbs, lemon juice, peeled, stoned and sliced avocado and half the oil. Stir together gently.

3 Coat the prawns in the remaining oil and cook them for a few mins on a hot griddle (or hot wok or frying pan) until they turn pink all over.

4 Divide the salad between two bowls, top with the prawns and season well.

PER SERVING Calories: 540
 Fat: 32g Saturated fat: 6g
 ✗ Not suitable for freezing



Eggy burritos

SERVES 4

- + 2tbsp olive oil
- + 2 red peppers, deseeded and cut into strips
- + ½tsp smoked paprika
- + 3tbsp chilli sauce
- + few sprigs of coriander, finely chopped
- + juice of ½ lime
- + 8 free-range eggs
- + 100ml milk
- + 4 large plain flour tortillas
- + 1 large avocado, stoned, sliced and tossed with a squeeze of lemon juice
- + 100g lighter mature Cheddar, thinly sliced

1 Heat 1tbsp oil in a frying pan and cook the peppers over a medium heat for 10-15 mins, or until they have softened. Add the paprika, season and cook for a further 2 mins.

2 Mix together the chilli sauce, coriander and lime juice, and set aside.

3 Whisk the eggs and milk; season with salt and pepper. Heat the remaining oil in a pan and cook the eggs

over a medium-high heat, stirring gently, until just scrambled. Remove from the heat.

4 Warm the tortillas under a preheated grill, then spoon a quarter of the scrambled eggs down the middle of each wrap, leaving about 5cm of space at the bottom to fold up. Top with the cooked peppers, avocado and cheese, add a little drizzle of the chilli sauce mix, fold up the base, then close the sides. Serve with remaining chilli sauce mix to drizzle over and eat immediately.

PER SERVING

Calories: 362 Fat: 28g

Saturated fat: 8g

X Not suitable for freezing

An apple a day...

...to keep cholesterol at bay

The “magic” ingredient in apples is the pectin that they contain, which is a soluble fibre that can be used as the setting agent when making jams and jellies. It’s this soluble fibre that makes your stomach feel fuller after eating apples. Some studies have shown that

after eating one or two apples every day for at least six months, the LDL (“bad” cholesterol) levels have decreased and HDL (“good” cholesterol) have increased. However, survey numbers have been small. Nonetheless, apples make a great snack and ingredient.



HOW TO...

MAKE APPLE CRISPS

Thinly slice 2 apples, toss in the juice of 1 lemon with a large pinch of salt and leave for 10 mins. Pat dry on kitchen paper and bake on a tray, lined with baking parchment or non-stick liner, for 30 mins-1 hr at a very low temperature, until crisp and crinkled. The apple crisps are not suitable for freezing.

Butternut squash & apple soup

SERVES 4

- + 50g unsalted butter
- + 1kg butternut squash, peeled, deseeded and cubed
- + 2 Braeburn apples, peeled and chopped
- + 2 garlic cloves, sliced
- + 1tsp ground ginger
- + juice of ½ lemon
- + few sprigs of fresh thyme, leaves removed
- + 900ml hot vegetable or chicken stock

- + 2tbsp 0% fat crème fraîche
- + 2 apples for crisps, see right

1 Heat the butter in a large pan. Add the butternut squash cubes, apple, garlic, ginger, lemon juice and thyme. Cook for 5 mins, then pour in the stock. Season, bring to the boil, cover and simmer for 25 mins until the butternut squash is tender.

2 Turn off the heat and use a stick blender to whizz the soup

until it’s really smooth. You can also blend it in a food processor or liquidiser. Serve in warm bowls with a drizzle of crème fraîche and some apple crisps.

PER SERVING Calories: 238
Fat: 11g Saturated fat: 7g

* Allow the soup to cool, then pack in a freezer bag or suitable container and freeze for up to three months. Allow to defrost before reheating thoroughly.

Cinnamon baked apples

SERVES 4

- + 4 large cooking apples
- + 30g butter, melted, plus a little extra
- + 4tbsp demerara sugar
- + 4tbsp raisins
- + 2tbsp dried cranberries
- + 30g pecan nuts
- + pinch of ground cinnamon

1 Heat the oven to 180C, gas 4. Core the apples then score the skin circumference. Place the apples in a baking dish.

2 Mix the melted butter, sugar, raisins, cranberries, pecans and cinnamon together and stuff into the cavities. Put a small knob of butter on the top of each.

3 Bake for about 20-25 mins until the apples are tender. Serve with custard or cream.

PER SERVING Calories: 276

Fat: 7g Saturated fat: 4g

X Not suitable for freezing

These "baked" apples can be cooked in the microwave too. Cover loosely with clingfilm and cook for a minute at a time until the apples feel tender.



Most of the goodness is in the skins, so try not to peel apples before eating them. Make sure you wash them well to reduce the risk of consuming any pesticides which may remain on the skin.

Kale, cheese & apple salad

SERVES 4

- + 100g curly kale
 - + 50g shelled walnuts or pecans, roughly chopped
 - + 100g reduced fat mature Cheddar cheese, diced
 - + 2 apples, cored and sliced
- FOR THE DRESSING:**
- + 100ml 0% fat crème fraîche
 - + 2tsp runny honey
 - + 2tsp creamed horseradish
 - + a little lemon juice

1 Mix the dressing ingredients, except the lemon juice, in a large bowl. Adjust the seasoning and add lemon juice, to taste.

2 Add all the salad ingredients to the bowl and toss together.

PER SERVING Calories: 251
Fat: 15.5g Saturated fat: 4.5g
X Not suitable for freezing

If you're buying a bag of shredded kale, it's a good idea to cut it a little finer for this salad.



Apple & blueberry compote

SERVES 2

- + 2 small apples, peeled and chopped
- + 50g blueberries
- + 1cm piece root ginger, peeled and grated
- + 100ml cashew or almond milk
- + pinch of cinnamon, to sprinkle

2 Divide between two bowls and sprinkle with cinnamon, to serve.

PER SERVING Calories: 35
Fat: 0.5g Saturated fat: trace
X Not suitable for freezing

1 Put the chopped apple, blueberries, ginger and cashew or almond milk into a microwaveable bowl and cook on high for 2 mins. Stir and cook for 1 min at a time, until the apple is tender.

If you don't have a microwave, simply warm through in a saucepan, adding a little water if it seems too thick.

Chicken casserole with apples in cider (Opposite page)

SERVES 3-6

- + 2tbsp sunflower oil
- + 2 red-skinned apples, cored and cut into chunks
- + 1 onion, peeled and cut into thin wedges
- + 2 sticks celery, sliced
- + 6-8 rashers smoked streaky bacon
- + 6-8 skinless chicken thighs
- + 500ml bottle cider
- + 1tbsp wholegrain mustard
- + 1 chicken stock cube
- + 2tbsp 0% fat crème fraîche

1 Heat 1tbsp of the oil in a sauté pan, add the apple and cook for 3-4 mins, until it starts to turn golden. Remove from the pan and set aside.

2 Add the remaining oil to the pan and cook the onion and celery for 5-7 mins, until it starts to soften, then remove from the pan.

3 Stretch the bacon against the back of a knife and wrap one rasher around each of the chicken thighs. Add the chicken to the hot pan and cook for about 10 mins, turning the

chicken to crisp the bacon on all sides. Return the onion and celery to the pan and stir in the cider. Add the mustard and stock cube, and stir until it dissolves. Bring the mixture to the boil, cover, then reduce the heat and simmer gently for 30-40 mins, or until the chicken is tender.

4 Add the apple and crème fraîche to the pan and warm through so that it melts into the sauce – don't allow it to boil. Season to taste with salt and black pepper.

PER SERVING Calories: 255
Fat: 13g Saturated fat: 2.5g

* To freeze, omit the apple and crème fraîche from the recipe. Freeze for up to one month. Allow to defrost and heat thoroughly. Add the apple and crème fraîche while heating and simmer gently until the apple has softened.







Fibre

Pulses

- 56 Tuna & lentil salad
- 57 Bean & vegetable hotpot
- 58 Chilli chicken
- 59 Chickpea & egg curry
- 60 Bean burrito
- 61 Hearty gardener's pie with bacon & lentils

Grains

- 62 Chicken & barley soup
- 63 Beef & asparagus noodles with oyster sauce
- 64 Chickpea & quinoa salad with apple & cranberries
- 65 Spiced lamb skewers with bulgur wheat salad
- 66 Quinoa & edamame salad
- 67 Cider-braised vegetables with oatly crumble

Porridge

- 68 Amaranth, black beans & corn
- 68 Garlic sautéed spinach
- 68 Blueberry & banana bread
- 69 Raw buckwheat, apple & cinnamon
- 69 Cinnamon cashew milk
- 69 Liquorice almonds

Rice

- 70 Moroccan baked chicken
- 70 Roasted vegetable pesto rice
- 71 Chilli butter spring green pilaf

On the pulse

For keeping your heartbeat in rhythm

Pulses include dried beans, lentils and peas. These are crops that are harvested for dry grains, and don't include vegetables which are intended to be eaten while still green. It's possible to buy them in the dry form, but easier and

quicker to use canned versions which are pre-cooked.

Some research has shown that eating just one serving of pulses each day can significantly lower levels of harmful cholesterol. Plus, they're filling too!



Tuna & lentil salad

SERVES 4

- + 200g jar or can tuna in olive oil
- + 3tbsp olive oil
- + 2tbsp lemon or lime juice
- + 1 small red onion, peeled and finely sliced
- + 1 garlic clove, peeled and crushed
- + ½tsp ground cumin or cumin seeds, toasted
- + 410g can lentils, rinsed

and drained

- + 2 plum tomatoes, rinsed and finely diced
- + 4tbsp chopped flat leaf parsley
- + crusty bread, to serve

1 Whisk 2tbsp oil from the tuna with the olive oil and lemon juice in a large bowl. Add the onion, garlic and cumin and then the lentils. Leave for 30 mins

if you have time to allow the flavours to infuse.

2 Stir in the chopped tomato, flaked tuna and parsley, season with salt and freshly ground black pepper. Serve with crusty bread.

PER SERVING Calories: 292

Fat: 14g Saturated fat: 4g

X Not suitable for freezing

Bean & vegetable hotpot (Opposite page)

SERVES 6

- + 1tbsp olive oil
- + 2 onions, chopped
- + 2 garlic cloves, crushed
- + 1 chilli, deseeded and chopped
- + 500g carrots, cut into chunks
- + 400g can chopped tomatoes
- + 500ml vegetable stock
- + ¼ Savoy cabbage, shredded
- + 400g can cannellini beans
- + handful of fresh basil leaves
- + crusty bread, to serve

1 Heat the oil in a large pot and fry the onions for a few mins to soften. Add the garlic and chilli and cook for 2 mins.

2 Tip in the carrots, tomatoes, stock and cabbage.

3 Add the beans and 2tbsp basil leaves. Cover and simmer for 20 mins until the vegetables are tender. Garnish with basil leaves and serve with warm crusty bread.

PER SERVING Calories: 143

Fat: 3g Saturated fat: 0.5g

* When cold, pack the hotpot into a suitable container and freeze for up to three months. Allow to defrost before reheating thoroughly.





Chilli chicken

SERVES 4

- + 1tbsp sunflower oil
- + 500g skinless, boneless chicken thighs, cut into chunks
- + 1 large onion, peeled and roughly chopped
- + 3 garlic cloves, peeled and crushed
- + 1 large green pepper, roughly chopped
- + 1tsp dried chipotle chilli flakes
- + ¼tsp sweet smoked paprika
- + 2tsp ground cumin
- + 1½tbsp tomato purée
- + 400g can chopped tomatoes
- + 100ml water or stock
- + pinch of sugar
- + 1tsp Worcestershire sauce
- + 400g can red kidney beans, drained and rinsed
- + large handful of coriander, finely chopped
- + guacamole and rice, to serve

1 Heat the oil in a wide heavy-based saucepan to medium-high. Brown the chicken (you may need to do this in batches); set aside. In the same pan, add the onion and cook for 3-4 mins or until lightly browned. Add the garlic and cook for 1 min, stirring often. Add the green pepper, chilli flakes, paprika and cumin to the pan, mix well and cook for a further minute.

2 Add the tomato purée, tomatoes, water or stock, sugar and Worcestershire sauce to the pan. Return the chicken to the pan and mix well. Bring to the boil then reduce to a simmer, cover and leave to cook for 1 hr.

3 Season well and stir in the kidney beans to heat through. Stir in the chopped coriander just before serving. Serve with guacamole and rice.

PER SERVING Calories: 271

Fat: 7g Saturated fat: 1.5g

✳ Allow to cool then pack into a suitable container and freeze for up to 3 months. Allow to defrost before reheating thoroughly.



Chickpea & egg curry

SERVES 4

- + 4 large eggs, at room temperature
- + 2 onions, peeled and finely chopped
- + 1tbsp sunflower oil
- + 4tbsp balti or korma curry paste eg Patak's
- + 1tsp sugar
- + 2 x 400g cans chickpeas, drained (jumbo are best)

- + 400g can reduced-fat coconut milk
- + 250g bag spinach – frozen is fine, too
- + 250g pack plain naan, to serve

1 Lower the eggs into a pan of boiling water and simmer for 8 mins. Drain and hold pan under running cold water to

cool. Peel and halve the eggs.

2 Meanwhile, fry the onion in the oil for 8-10 mins until golden. Add the curry paste and cook for 1 min. Add the sugar, chickpeas and coconut milk, bring to the boil and simmer for 10 mins. Roughly crush half the chickpeas with a masher, to thicken the curry. Stir in the spinach to wilt for 2 mins.

3 Cut the naan into 3-4cm strips and grill for a few mins until hot and crisp. Spoon the curry into bowls, top with egg and serve with naan soldiers to dunk.

PER SERVING Calories: 622
 Fat: 32g Saturated fat: 12g
 ✗ Not suitable for freezing



Bean burrito

SERVES 6

- + spray oil, eg Frylight
- + 1 onion, sliced
- + 1 yellow pepper, deseeded and sliced
- + 1tsp hot smoked paprika
- + 400g can chopped tomatoes
- + 2tbsp tomato purée
- + 400g can red kidney beans, rinsed and drained
- + 50g sliced jalapenos (from a jar), chopped
- + 3tbsp fresh coriander
- + 6 small flour tortilla wraps
- + 45g reduced fat mature Cheddar cheese, grated
- + lime wedges, soured

cream with chives, avocado and tomato and red onion salsa, to serve

- 1** Spray a medium non-stick pan with oil. Add the onion and pepper and fry gently for 3-4 mins until browned. Stir in the paprika and cook for a few secs more.
- 2** Tip the tomatoes into the pan and add the tomato purée and beans. Bring to a gentle simmer, then cover with a lid and cook for 20 mins, stirring occasionally until thick. Take the pan off the heat and

season with black pepper, then stir in the jalapenos and coriander.

- 3** Warm the tortillas for a few secs in a microwave. To assemble, spoon some bean mixture on to the bottom half of a tortilla, leaving a border of around 4cm. Sprinkle with cheese, squeeze over some lime juice, add soured cream and salsa, then fold.

PER SERVING Calories: 293
Fat: 8g Saturated fat: 2.5g
X Not suitable for freezing

Hearty gardener's pie with bacon & lentils (Opposite page)

SERVES 4

- + 150g red split lentils
- + 600g potatoes, quartered
- + 1tsp olive oil
- + 200g lean bacon, chopped
- + 1 large onion, chopped
- + 2 large carrots, diced
- + 2 large parsnips, diced
- + 3 sticks celery, chopped
- + 2 garlic cloves, peeled and sliced
- + 1 litre vegetable stock
- + 2tbsp sun-dried tomato paste
- + 4tbsp skimmed milk
- + 2tbsp olive oil

- 1** Put the lentils into a pan and cover with boiling salted water. Simmer for 20 mins until tender.
- 2** Meanwhile, add the potatoes to a pan of salted water and bring to the boil. Simmer for 15 mins until tender.
- 3** Heat the oven to 200C, gas 6. Heat 1tsp oil in a pan, add the bacon and onion and cook for 5 mins. Add the carrots, parsnips, celery and garlic and cook for a further 5 mins until the vegetables have started to soften.
- 4** Add the stock and tomato paste to the vegetables and simmer for 20 mins until the vegetables are tender.
- 5** Drain the potatoes, return to the pan, season well with salt and freshly ground black pepper and add milk and olive oil. Mash until smooth.
- 6** Drain any excess liquid from the lentils and stir into the vegetable mixture.
- 7** Tip the vegetables into a large ovenproof dish. Top with large spoonfuls of mashed potato. Cook in the oven for 20 mins until the potato is turning golden.

PER SERVING Calories: 324
Fat: 10g Saturated fat: 2.5g
X Not suitable for freezing

To save time, use a 400g can of brown lentils instead of cooking up the red split lentils. Drain and add to cooked vegetables.



Go with the grain

The less refined the better

Grains, such as oats and barley, have soluble fibre, which helps to improve cholesterol levels. Don't keep grains just for breakfast, incorporate into other meals too, to boost soluble fibre throughout the day. Try to choose whole

grains rather than refined ones, which have had the goodness taken out. Dietary fibre can also help to make you feel fuller for longer, so it can help if you want to eat less calories to reach or maintain a healthy weight.

Chicken & barley soup

SERVES 4

- + 1tbsp light olive oil
- + 1 onion, peeled and finely chopped
- + 1 carrot, peeled and diced
- + 1 garlic clove, crushed
- + 1 reduced-salt chicken stock cube
- + 4 boneless, skinless chicken thighs
- + 1 sprig rosemary
- + 1 bay leaf
- + 3tbsp pearl barley

1 Heat the oil in a medium pan and fry the onion and carrot over a low heat for 10 mins until softened. Add the garlic, stock cube and 750ml boiling water.

2 Add the chicken to the pan with the herbs and stir in the barley, bring to the boil then simmer for 20-30 mins until the grains are softened.

3 Remove the chicken and shred the meat. Return to the pan and warm through, then serve with crusty bread.

PER SERVING Calories: 175

Fat: 8g Saturated fat: 2g

✿ When cold, the soup may be packed into a suitable container and frozen for up to three months. Allow to defrost before reheating thoroughly. The barley may swell and absorb most of the liquid during reheating, so it may be necessary to add extra stock.





If you don't have Chinese rice wine, use dry sherry.

Beef & asparagus noodles with oyster sauce

- SERVES 2**
- + 250g rump or fillet steak, cut into strips
 - + 2tbsp Chinese rice wine
 - + 1tbsp groundnut oil
 - + 1tbsp cornflour
 - + 4tbsp light soy sauce
 - + oil, for frying
 - + 250g asparagus tips, blanched
 - + 125g soba (buckwheat)

- noodles, blanched and refreshed
- + 6tbsp oyster sauce

- 1 Put the steak in a non-metallic dish with the rice wine, oil, cornflour and 1tbsp of the soy sauce. Let it marinate while you prepare the vegetables and noodles.
- 2 Heat the wok, then add a little

oil and the beef. Stir-fry until cooked through, then add the asparagus, noodles, oyster sauce and remaining soy sauce. Mix together really well, stir-fry until piping hot and serve.

PER SERVING Calories: 632
 Fat: 23g Saturated fat: 5g
X Not suitable for freezing

Chickpea & quinoa salad with apple & cranberries

SERVES 4

- + 125g quinoa
 - + 400g can chickpeas, rinsed and drained
 - + 1 carrot, grated
 - + 1 apple, cored and diced
 - + 50g dried cranberries
 - + 3tbsp fresh chopped parsley
- FOR THE HONEY AND MUSTARD DRESSING:**
- + 1tsp honey
 - + 1tsp wholegrain mustard
 - + 1tbsp cider vinegar
 - + 3tbsp olive oil

1 Place the quinoa in a pan with 350ml cold water, bring to the boil, then reduce the heat and simmer for about 20 mins until the grains have swollen and most of the water has been absorbed. Tip into a bowl and leave to cool.

2 Add the chickpeas, carrot, apple, cranberries and parsley.

3 Whisk all the dressing ingredients together and drizzle over the salad. This will keep in the fridge for up to two days.

PER SERVING Calories: 366

Fat: 16g Saturated fat: 2g

X Not suitable for freezing





Spiced lamb skewers with bulgur wheat salad

SERVES 4

- + 800g diced leg of lamb
- + 5 garlic cloves, bashed but not peeled
- + 2tbsp Moroccan spice mix (we used chermoula, available in supermarkets)
- + 2tbsp olive oil
- + 200g bulgur wheat
- + 1 red pepper, deseeded and finely chopped
- + large handful of parsley, roughly chopped
- + 4 spring onions, sliced
- + 400ml natural yogurt

+ large handful of mint, leaves finely chopped

+ juice of ½ lemon

YOU WILL NEED:

+ 4 skewers

1 Place the lamb, garlic, spice mix and oil in a bowl, combine and leave in the fridge to marinate for at least 1 hr or overnight.

2 To make the salad, place the bulgur wheat in a large bowl and pour boiling water over to about 5mm above the grains.

Cover with clingfilm and leave for 5 mins, then remove the clingfilm and ruffle the grains with a fork. If they're still hard when bitten, pour over a touch more boiling water and leave again. Leave to cool slightly, then mix through the red pepper, parsley and spring onions, and season well.

3 Heat a griddle pan or a grill to high. Remove the lamb from the marinade, push on to 4 skewers, season and grill for 3-5 mins, turning the skewers

occasionally so that they cook evenly – 3 mins will give you pink lamb, while 5 mins will ensure that it's well done.

4 While the lamb is cooking, combine the yogurt, mint and lemon juice, and season. Serve the lamb with the yogurt spooned over and the bulgur wheat salad on the side.

PER SERVING Calories: 680

Fat: 36g Saturated fat: 12g

X Not suitable for freezing



Quinoa & edamame salad

SERVES 6

- + 150g quinoa grains
- + 100ml fresh orange juice
- + 150g French beans, trimmed
- + 50g frozen edamame beans
- + 1tbsp olive oil
- + 1tsp white wine vinegar
- + 1tsp Dijon mustard
- + small handful of fresh parsley
- + seeds of 1 pomegranate

- 1** Place the quinoa, orange juice and 200ml boiling water in a saucepan, season and bring to the boil. Reduce the heat and simmer for 10 mins until most of the liquid has been absorbed. Place the mixture in a bowl to cool and swell.
- 2** Add the French beans to another large pan of boiling water and cook for 3 mins. Add the edamame beans, bring back to the boil and cook for 2 mins. Drain and plunge the beans into cold water to stop them cooking further.
- 3** Mix the oil, vinegar and mustard together. Place the cooled, drained vegetables in a serving bowl. Add the quinoa, parsley and pomegranate seeds and toss together with the dressing.

PER SERVING Calories: 146
Fat: 3g Saturated fat: 1g
X Not suitable for freezing

Cider-braised vegetables with oaty crumble (Opposite page)

Almost any selection of vegetables works well in this recipe. We used a mixture of carrots, parsnips, sweet potato, celery, leek and baby potatoes – but use whatever you have available to make up the required weight.

SERVES 6

- + 500ml bottle dry cider
- + 2 vegetable stock cubes
- + 1.25kg prepared vegetables of your choice
- + 1 level tbsp chopped chives
- + 2tbsp crème fraîche

FOR THE TOPPING:

- + 125g jumbo rolled oats
- + 3-4tbsp olive oil
- + 60g reduced-fat mature Cheddar cheese, grated
- + chives, to garnish

- 1** Pour the cider into a large saucepan and add 300ml water and the stock cubes. Bring to boil and then add the vegetables. Bring back to the boil, then reduce the heat, cover the pan and simmer for 10 mins. Remove the pan from the heat and use a

- slotted spoon to lift the vegetables out of the cooking liquor; transfer them to an ovenproof dish. Sprinkle the chives over the vegetables. Boil the cooking liquor rapidly in an uncovered pan to reduce the quantity by about half, then add the crème fraîche and continue to simmer for a few mins more. Remove the pan from the heat, season to taste with salt and pepper and pour over the vegetables.
- 2** To make the topping, stir the

- oats into the olive oil, then stir in the grated cheese and plenty of freshly ground black pepper. Sprinkle the oats over the top of the vegetables.
- 3** Heat the oven to 200C, gas 6. Bake on the top shelf of the oven for 20-30 mins, until the oats are golden. Remove from the oven and serve immediately, garnished with chives.

PER SERVING Calories: 339
Fat: 18g Saturated fat: 10g
X Not suitable for freezing



Porridge

Not just for breakfasts

In her book, simply called *Porridge*, Anni Kravi shows how to make nourishing meals from oats, seeds, grains and rice. She explains how porridges don't have to be sweet, that there are a variety of savoury ones too, which make filling healthy lunches or suppers. Anni arranges her bowls of porridge like works of art and she has been dubbed "the queen of porridge" by her 50,000 followers on Instagram.

Amaranth, black beans & corn

MAKES 1 BOWL

- + ½tbsp sesame oil
- + 1 small red onion, chopped
- + 1tsp smoked paprika
- + 1tsp chilli flakes
- + 80g amaranth
- + 150g butternut squash, peeled, deseeded and cut into cubes
- + pinch of salt

TOPPINGS:

- + 1 serving garlic sautéed spinach, see right
- + 100g canned or cooked sweetcorn, rinsed and drained
- + 150g canned or cooked black beans, rinsed and drained
- + large ripe avocado, peeled, pitted and cut into slices
- + sprinkle black sesame seeds

- 1 For the topping, prepare the garlic sautéed spinach, see right.
- 2 Next, heat the sesame oil over a medium-high heat in a small saucepan, add the onion and

spices and fry for 2-3 mins. Rinse the amaranth and add to the pan together with 300ml water. Reduce the heat and cook for about 20 mins, stirring occasionally. **3** Meanwhile, steam the butternut squash until soft, then blend it with a stick blender to a purée. Add to the amaranth porridge and stir to combine. Add the salt, then continue cooking for a further 5 mins. Pour the porridge into a serving bowl and add the toppings.



Garlic sautéed spinach

SERVES 2

- + ½tbsp sesame oil
- + 1 large garlic clove, crushed
- + 200g baby spinach
- + squeeze of lemon
- + pinch of salt

Heat the sesame oil over a medium-high heat in a large saucepan, add the garlic and quickly fry for 1 min. Turn off the heat, wash the spinach and add it to the pan together with the lemon and salt, and sauté for 2 mins until wilted. Drain.



Blueberry & banana bread

MAKES 1 BOWL

- + 35g rolled oats
- + 1tbsp ground flaxseeds
- + ½tsp ground cardamom
- + pinch of salt
- + 70g fresh blueberries or bilberries
- + 1 large, fresh banana
- + 100ml oat milk

TOPPINGS:

- + 1tbsp fresh blueberries
- + 1tbsp fresh cloudberry or raspberries
- + 1tbsp dried mulberries
- + ½tbsp nut butter of choice
- + 1tsp dried flower sprinkle (optional)

- 1 Heat the oven to 180C, gas 4. In a small bowl, mix the oats, flaxseeds, cardamom and salt together. Blend the blueberries, banana and oat milk together in a high-speed blender until smooth, then mix into the oats to combine.
- 2 Pour the mixture into an ovenproof bowl or dish and bake in the oven for about 20 mins.
- 3 Top with the fresh and dried berries, a spoonful of nut butter and a sprinkle of dried flowers, if using.

Raw buckwheat, apple & cinnamon

MAKES 1 BOWL

- + 70g raw buckwheat groats
- + 100ml cinnamon cashew milk, see below
- + 1 large apple, cored and chopped
- + 1tbsp nut milk pulp (optional)
- + 1tbsp whole flaxseeds
- + ½tsp ground cinnamon

TOPPINGS:

- + 1tbsp fresh blackcurrants
- + 1tbsp fresh raspberries
- + 1tbsp fresh cloudberries or cranberries
- + 1tbsp dried figs, roughly chopped
- + ½tbsp crushed liquorice almonds, see below

1 The night before, rinse then soak the buckwheat in a bowl of water at room temperature.

2 In the morning, rinse the buckwheat well in fresh water, then place in a high-speed blender with all the remaining ingredients and blend together until smooth.

3 Serve the porridge with the toppings.

Cinnamon cashew milk

MAKES ABOUT 1 LITRE

- + 110g cashews
- + 1tsp ground cinnamon
- + pinch of salt
- + 1-2tsp coconut nectar

1 Soak the cashews in a bowl of water for at least 4 hrs, then rinse and drain.

2 Put the cashews and 750ml water in a high-speed blender and blend for about 1-2 mins. Add the remaining ingredients and blend again for another 1-2 mins. Pour the nut milk through a nut milk bag or very fine sieve into a bowl. Squeeze or "milk" the bag so that all the liquid comes through and the pulp is left in the bag. Repeat until you have gathered all the liquid.

3 Store in sterilised bottles or jars in the fridge for 2-3 days.

Liquorice almonds

MAKES 1 SMALL JAR OR 400ML CONTAINER

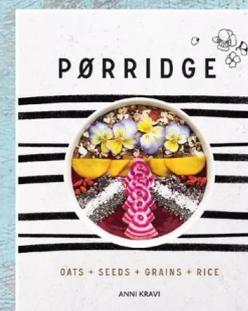
- + 3tsp liquorice root powder
- + pinch of salt
- + 100g raw almonds, with skin

1 Heat the oven to 200C, gas 6 and line a baking tray with parchment paper.

2 Mix 5tsp water, 2tsp of the liquorice root powder and the salt together in a small bowl. In another bowl, add the almonds, then pour in the liquorice

mixture and mix until the almonds are coated. Spread the almonds out on the prepared baking tray and bake in the oven for 7 mins.

3 Leave the almonds to cool, then mix in the remaining liquorice root powder. Eat as a snack or use as a topping for any sweet porridge. Store in an airtight jar for up to 4 weeks.



Recipes taken from *Porridge* by Anni Kravi. Published by Quadrille, £12.99.

Posh rice

The simple grain takes the starring role

Rice doesn't have to take a supporting role, let it be the main star with these delicious recipes by Emily Kydd. In her book, she explains the different types of rice and the best way to cook each of them.



Moroccan baked chicken

SERVES 4

- + 2tbsp olive oil
- + 2 heaped tbsp rose harissa
- + 1½tsp ground cinnamon
- + 8 chicken thighs, skin on and bone in
- + 1 large red onion, sliced
- + 6 garlic cloves, crushed
- + 75g flaked almonds
- + 100g dried apricots, roughly

- chopped
- + 100g pitted green olives, roughly chopped
- + 250g wholegrain basmati rice
- + 400g can chopped tomatoes
- + 550ml hot chicken stock
- + 2tbsp pomegranate seeds
- + ¼ cucumber, halved, deseeded and sliced
- + handful of coriander leaves
- + Greek yogurt, to serve

1 In a large bowl mix together 1tbsp of the oil, 1 heaped tbsp of the harissa, 1tsp of the ground cinnamon and a little salt. Add the chicken and toss to coat. Chill for at least 2 hrs or preferably overnight.

2 Heat the oven to 180C, gas 4. Heat an ovenproof sauté pan or casserole dish over a medium-high heat. Add the remaining oil and fry the chicken in batches, starting skin-side down, until golden. Remove using a slotted spoon. Add the onion to the pan and fry for about 5 mins until softened. Stir through the garlic and almonds and cook

until golden, then add the apricots, olives and remaining ½tsp ground cinnamon.

3 Spoon in the remaining harissa and tip in the rice, then pour over the tomatoes and stock, stir and season. Add the chicken and its resting juices to the pan, then bring to a simmer. Cover tightly and cook in the oven for 1 hr, or until the rice is tender. Check after 45 mins and add a little more water if needed.

4 Scatter over the pomegranate seeds, cucumber and coriander. Serve with a bowl of Greek yogurt for drizzling or dipping.

Roasted vegetable pesto rice

SERVES 6

- + 1 large courgette, sliced into 5mm rounds
- + 1 red onion, cut into wedges
- + 1 aubergine, cut into 1.5cm cubes
- + 2 peppers (red or yellow, or a mix), cut into chunks
- + 2½tbsp extra virgin olive oil
- + 250g wild rice
- + 100g spinach, roughly sliced
- + 25g Parmesan shavings

FOR THE PESTO:

- + 50g almonds
- + 50g basil leaves
- + 1 garlic clove, crushed
- + 3tbsp extra virgin olive oil
- + zest of ½ lemon and a squeeze of juice

YOU WILL NEED:

- + baking trays, lined with baking parchment

1 Heat the oven to 200C, gas 6. Toss the courgette, onion, aubergine and red and yellow peppers in the oil and season with salt and black pepper. Tip onto the baking trays, spreading out to a single layer. Roast for 35-45 mins until golden and beginning to caramelize.

2 Meanwhile, cook the rice according to the packet instructions. Drain, then spread it out on a tray and leave to cool.

3 To make the pesto, toast the almonds in the oven for 5-8 mins until golden, then tip them into the small bowl of a food processor. Add the basil, garlic, oil, plenty of seasoning and 4-5tbsp water, and the lemon zest and juice. Blitz until smooth. Stir 5tbsp of the dressing through the rice, along with the spinach. Taste and season, then arrange on a serving plate. Spoon over the vegetables and drizzle over the remaining dressing. Top with Parmesan shavings and grind over some black pepper.



Chilli butter spring green pilaf

Use frozen baby broad beans to make this quicker. If using older beans, you'll need to double pod them as the skins will be too tough to eat.

SERVES 4

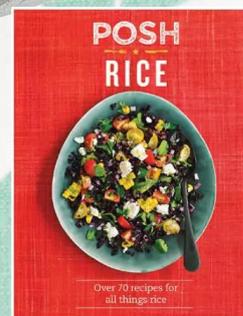
- + 280g basmati rice
- + 75g butter
- + 2 leeks, thinly sliced
- + 2 garlic cloves, crushed
- + ½tsp allspice
- + 425ml hot vegetable or chicken stock
- + 300g podded baby broad beans, defrosted if frozen
- + 250g bunch asparagus, sliced into 4cm pieces
- + 50g pistachios, roughly chopped
- + ½ small bunch dill, finely chopped
- + Greek yogurt and 1 ½-2tsp Aleppo chilli flakes, to serve

1 Tip the rice into a bowl and cover with cold water. Meanwhile, heat 50g of the butter in a large saucepan over a medium heat. Once foaming, add the leeks and cook for 8 mins until softened. Stir through the garlic and allspice. Drain the rice, add it to the pan and stir to coat in the butter. Pour over the stock, season and bring to the boil, then reduce the heat to its lowest setting, cover and simmer for 10 mins.

2 Quickly lift the lid and scatter over

the broad beans and asparagus, cover and cook for a further 5 mins. Remove from the heat and set aside to steam for 10 mins.

3 Toast the pistachios in a frying pan. Stir the dill and pistachios into the rice. Divide between plates and top with a dollop of Greek yogurt. Return the frying pan to the heat and add the final 25g butter. Once foaming, add the chilli flakes, sizzle for a moment, then pour a little over each plate.



Recipes taken from *Posh Rice* by Emily Kydd. Published by Quadrille, £12.99.



Simple meals

5:2

- 73 Fresh herb, asparagus & feta omelette
- 73 Thai beef salad
- 74 Pork and quinoa burgers

Low fat

- 76 Fruity prawn cocktail
- 77 Quorn moussaka
- 78 Healthy fish & chips
- 79 Tuscany chicken with roast veg
- 80 Mediterranean stuffed pepper
- 81 Spinach & cheese soufflé omelette

Family meals

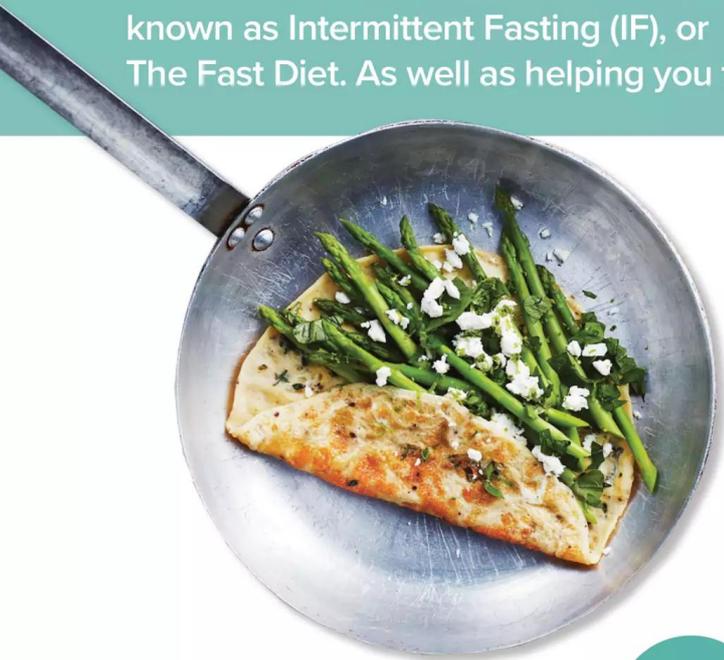
- 82 Miso cod with cabbage
- 83 Tuscan pasta bake
- 84 Crisp-baked chicken
- 84 Sweet potato wedges
- 84 Real ketchup
- 85 Moroccan spiced lamb tagine & cauli-couscous

The fast days

Main meals for the 5:2 diet

Eating normally for 5 days a week, but considerably cutting back on calories for 2 days a week, to 500 calories for women or 600 calories for men, is known as Intermittent Fasting (IF), or The Fast Diet. As well as helping you to

lose weight, there are claims that this type of dieting can have other health benefits such as reducing the risk of diabetes, lowering blood pressure, reducing the risk of certain types of cancer and also lowering cholesterol.



Fresh herb, asparagus & feta omelette

210 cals

SERVES 1

- + 115g trimmed asparagus
- + a couple of squeezes of lime juice and a grating of lime zest
- + 2 eggs
- + a few sprigs of fresh thyme
- + scrape of coconut oil
- + 10g feta, crumbled
- + a few fresh basil and mint leaves, chopped, to serve

1 Put the asparagus in a frying pan with a splash of water and put the lid on. Cook for about 10 mins, shaking the pan around every so often so it doesn't stick or dry out. When it is pretty soft, take the lid off and let the water evaporate. Squeeze over some lime juice, give them a shake, and then remove the asparagus from the pan and set to one side.

2 Meanwhile, whisk the eggs with a generous trimming of thyme and black pepper.

3 Off the heat, wipe the pan with kitchen towel and then wipe with a small amount of coconut oil. Return to the heat. When the oil has melted, pour in the beaten eggs and swirl around to coat the bottom of the pan. Use a spatula to break up the base so the uncooked egg can flow in. When it's looking almost cooked through – but don't let it get too dry – pile the asparagus up on one half, then top with crumbled feta and the fresh basil and mint leaves. Flip the other side of the omelette over to cover the top and let it all warm through for a minute or so.

4 Grate over some lime zest and a squeeze of juice.



275 cals

Thai beef salad

SERVES 2

- + ½tsp coconut oil
 - + 225g extra lean beef steak
 - + 10g basil leaves, Thai if possible
 - + 15g mint leaves
 - + 10g coriander leaves
 - + 40g rocket
 - + 1 small cucumber, peeled and cut into ribbons
 - + ½ small red onion, finely sliced
 - + 100g bean sprouts, trimmed
- FOR THE DRESSING:**
- + juice of 1 lime
 - + 1tbsp fish sauce
 - + ½tsp soft brown sugar
 - + 1 small red chilli, deseeded, finely chopped

1 Grease a non-stick frying pan with the coconut oil. Season the steak on both sides with salt and

pepper. Heat the frying pan over a medium-high heat until hot, then add the steak. Cook for about 3 mins without moving it, then flip it over and cook for a further 2-3 mins, depending on how thick your steak is and how well done you like it. Remove the steak from the pan and leave to one side to rest and cool for about 5 mins, while you prepare the salad.

2 Thoroughly whisk together all the ingredients for the dressing in a small bowl.

3 Toss together the herbs, rocket, cucumber ribbons, onion and bean sprouts. Add the dressing and toss to coat. Slice the rested steak diagonally into thin strips. Divide the salad between two bowls and top with the steak. Pour over any leftover dressing.



Pork & quinoa burgers

MAKES 8

(serve 1 or 2 burgers per person)

✦ 70g mixed red and white quinoa

✦ 500g 5% fat minced pork

✦ 3cm piece ginger, grated

✦ 3 spring onions, finely chopped

✦ ½tsp smoked paprika

✦ 1½tsp harissa

✦ 1tbsp tamari

✦ juice of ½ lime

FOR THE COURGETTE CHIPS:

✦ 4 courgettes, cut into wedges

FOR THE TOMATO SALSA:

✦ 4 small tomatoes, chopped

✦ 2 spring onions, chopped

✦ 8 large lettuce leaves

YOU WILL NEED:

✦ baking tray lined with baking parchment

1 Place the quinoa in a saucepan with 375ml cold water. Bring to the boil over a high heat, then reduce the heat to medium-low, cover and simmer for 15 mins until soft and fluffy. Keep an eye on the quinoa, so it doesn't dry out.

2 Meanwhile, put the pork mince in a large bowl with the ginger, spring onions, smoked paprika, harissa, tamari and lime juice and season with pepper (no salt).

3 Heat the oven to 190C, gas 5. When the quinoa is cooked, drain, run under cold water to cool, and add to the pork. Mix together with your hands.

Shape into eight patties using wet hands and place on the prepared

tray. Cook in the oven for 40 mins. Check they are properly cooked all the way through (no pink at all).

4 When the burgers are in the oven, arrange the courgette wedges on a separate tray. Sprinkle with salt and pepper and cook in the oven for the rest of the burger cooking time – about 35 mins. They should be cooked through and a little bit brown. They won't be crispy.

5 Meanwhile, make the salsa by mixing the tomato and spring onions together in a bowl with a little salt and pepper. Allow to sit to soften. When ready, serve the burgers in the lettuce leaves with the chips and salsa.

155
cals



Recipes taken from *The Fast Days Cookbook* by Laura Herring. Published by Hardie Grant, £12.99.

Low-fat feasts

Cutting down on fat doesn't mean forfeiting the taste

Packing in extra fruit and vegetables helps to keep the fat content of recipes lower. It's particularly the saturated fat that should be kept low as that's the "bad" type of fat. We need some fat to supply fat-soluble vitamins, but we can substitute the unhealthy kind with the

healthier unsaturated fats, like olive oil, avocados and certain seeds. Try grilling, steaming or boiling as methods of cooking that don't add fat and, if frying, then use a spray oil, or smear oil in a pan with a sheet of kitchen paper rather than just pouring it in.

Fruity prawn cocktail

SERVES 3-4

- + 350g cooked tiger prawns
- + 1 apple, cored and chopped
- + 2 sticks celery, sliced
- + 150g black or red seedless grapes, halved
- + 2tbsp freshly chopped dill, plus sprigs for garnish
- + 250g natural fat-free fromage frais

- + 2-3 little gem lettuces, sliced into rings
- + 3-4 cooked prawns, shell on, to garnish

1 Mix the prawns, apple, celery, grapes and dill into the fromage frais and season to taste with salt and freshly ground black pepper.

2 Arrange some lettuce on plates and top with the prawn mixture and garnish with a shell-on prawn and a sprig of dill. Serve immediately.

PER SERVING Calories: 130
Fat: 1g Saturated fat: 0.5g
X Not suitable for freezing



Quorn moussaka

SERVES 4

- + 1 aubergine, sliced into 1cm rounds
- + 1 courgette, sliced into 1cm rounds
- + cooking oil spray, eg Frylight
- + 2 eschalion shallots, 1 chopped, 1 halved
- + 350g pack Quorn mince
- + 1tsp mixed spice
- + 400g can chopped tomatoes
- + 1 Knorr Vegetable Stock Pot
- + 300ml skimmed milk
- + 2tbsp cornflour
- + 50g reduced-fat feta cheese, crumbled
- + 15g Parmesan, grated
- + basil leaves, to garnish

1 Heat the oven to 200C, gas 6. Arrange the aubergine and courgette in baking trays lined with baking parchment. Spray with oil and bake for 15-20 mins, turning until tender.

2 In a non-stick sauté pan, cook the chopped shallot in 1tbsp water until softened. Add the Quorn mince and stir-fry for 2 mins, then stir in the mixed spice, tomatoes, Stock Pot and a tomato can full of water. Bring to the boil, then turn the heat

down and simmer for 20 mins.

3 Meanwhile, warm the milk with the halved shallot and a little black pepper. Allow to infuse for 5 mins, then remove the shallot. Mix the cornflour with 100ml water and stir into the milk, turn up the heat and stir until thickened. Take off the heat and mix in the feta and Parmesan.

4 Divide the cooked Quorn mince between ovenproof individual dishes, or spoon into

1 larger dish. Top with the aubergine and courgette, then pour over the white sauce. Cook in the centre of the oven for about 30-35 mins, or until bubbling and lightly golden on top. Serve immediately, garnished with sprigs of basil.

PER SERVING Calories: 249
 Fat: 7g Saturated fat: 2.5g
 X Not suitable for freezing



LOW-FAT FEASTS

Healthy fish & chips

SERVES 2

+ 200g celeriac, peeled and cut into chips
+ extra virgin olive oil spray, eg Frylight
+ 2 x 100g salmon fillets
+ 1/2 lemon – take 2 slices off the cut end, squeeze juice from the remainder

+ 150g kale
+ 2tbsp 0% fat Greek yogurt
+ 2tsp capers
+ 2 gherkins, chopped
+ 1tbsp parsley, chopped

1 Heat the oven to 200C, gas 6. Put the celeriac on a tray lined with baking parchment, squirt with Frylight and bake for 20 mins.

2 Turn the celeriac and put the salmon at the other end of the tray. Top each fillet with a lemon slice and squeeze over the juice from the rest of the

3 Spread the kale out on another tray, spritz with Frylight and bake for 7-10 mins until turning crispy.

4 Mix together the yogurt, capers, gherkins and parsley to serve as a dip with the fish, chips and kale.

PER SERVING Calories: 313
Fat: 21.5g Saturated fat: 3.5g
X Not suitable for freezing



The chicken and vegetables taste good hot or cold, so would make a tasty packed lunch.



Tuscany chicken with roast veg

SERVES 4

- + 8 large green pimiento-stuffed olives
 - + 30g fresh breadcrumbs, wholemeal or white
 - + Zest from 1 unwaxed lemon
 - + 8 basil leaves, shredded
 - + 2tsp olive oil
 - + 1tbsp finely grated fresh Parmesan cheese
 - + 4 chicken breasts, 125g each
- FOR THE ROAST VEG:**
- + 2 onions, cut into wedges

- + 1 red pepper and 1 yellow pepper, deseeded, cut into strips
- + 2 courgettes
- + 1tbsp olive oil
- + few thyme sprigs
- + 8 cherry tomatoes on the vine

1 Heat the oven to 200C, gas 6. Spread the vegetables out in a large roasting tin, drizzle with the oil, add the thyme sprigs

and roast for 40 mins, stirring a couple of times.

2 Meanwhile, chop the olives and mix with the breadcrumbs, lemon zest, shredded basil leaves and oil.

3 When the vegetables have been cooking for 40 mins, turn the oven down to 180C, gas 4. Take out the roasting tin and push the vegetables to one side. Add the chicken breasts, skin side up, then press the

olive mixture on top and sprinkle with the Parmesan. Roast for 15 mins.

4 Add the tomatoes to the roasting tin and cook for a further 10-15 mins until they become soft.

PER SERVING Calories: 268
 Fat: 8.5g Saturated fat: 1.5g
 X Not suitable for freezing

Mediterranean stuffed pepper

SERVES 1

- + 1 small red pepper
- + 100g canned ratatouille
- + 20g mature lighter cheese
- + few small basil leaves

- 1** Cut the top off the pepper and scoop out the seeds. Place it in a shallow ovenproof dish, spoon the ratatouille into the pepper.
- 2** Heat the oven to 200C, gas 6.

Bake the pepper for 20 mins or until the pepper is cooked.

- 3** Sprinkle the cheese over the stuffed pepper and return to the oven for 5 mins or until the cheese starts to melt and brown. Garnish with the basil leaves.

PER SERVING Calories: 164
Fat: 10g Saturated fat: 2.5g
X Not suitable for freezing



Spinach & cheese soufflé omelette

(Opposite page)

SERVES 1

- + 100g baby spinach leaves, rinsed
- + 2 eggs, separated
- + 1 spray of oil, eg Frylight
- + 1tbsp low-fat Cheddar, grated
- + 1tsp sweet chilli jam, to serve

1 Put the spinach in a bowl and microwave on high for 2 mins, to wilt. Transfer to a sieve and press to squeeze out any excess liquid.

2 Whisk the egg whites until the mixture forms soft peaks.

3 Preheat the grill to high. Beat the egg yolks with 3tbsp cold water, and season with salt and freshly ground black pepper. Gently fold the egg whites into the yolk mixture.

4 Heat a small non-stick frying pan and spray with oil. Tip in the soufflé omelette mixture and cook for 3 mins until the base is firm.

5 Sprinkle with the grated cheese and wilted spinach leaves. Put the pan under a hot grill for 3 mins until the top of the omelette is firm. Serve immediately with sweet chilli jam as a garnish.

PER SERVING Calories: 285
Fat: 22g Saturated fat: 5g
X Not suitable for freezing

Swap the spinach for rocket or watercress to save time. Add it raw to the soufflé omelette just before serving.



Healthy family meals

Lizzie King's recipes for all the family to enjoy

As a busy mum of three, Lizzie King understands the demands of feeding a family. And as a nutritional health coach too, she's very conscious of trying to keep her family healthy as well as juggling a lack of time and fussy eaters. In her book, *Healthy Family Food*, every

recipe is bursting with flavour and proves a hit with adults and children alike – aiming for family meals that everyone can eat together. There are also handy shopping lists and meal plans included to reduce your prep time, for busy lifestyles.



Miso cod with cabbage

This is a super-fast spin on an Asian flavour-packed fish dish, and everyone loves it. I make mine for lunch and keep the fish marinating for the kids' supper later. Miso is a dream of a gut-healing food made from fermented soybeans; restoring probiotics and aiding digestion, it's full of protein and B vitamins and is high in antioxidants. With ginger, garlic and tons of greens, this is a great plate for bug-busting. The cabbage is a good source of vitamins A and K for strong bones.

SERVES 4

- + 600g cod or firm white fish fillets
- + 4tbsp sweet white miso
- + 60ml tamari soy sauce, plus extra to serve
- + 2tbsp maple syrup
- + 2tbsp olive oil
- + 5cm piece ginger, peeled and minced
- + 2 garlic cloves, minced
- + 1 pointed cabbage, finely sliced
- + 1 red chilli, chopped (optional)

1 Cut the fish into 2.5cm cubes and place in a small bowl.

Whisk together the miso, tamari, maple syrup and a splash of olive oil and pour over the fish. Stir to coat the fish thoroughly.

2 Heat a splash of the olive oil in a frying pan and add the ginger and garlic, stir-fry briefly on medium heat, then add the cabbage along with 2tbsp of water. Cover and cook for 3-5 mins until the cabbage is just wilted.

3 In a small pan, heat the remaining olive oil. Add the cubes of fish, along with the marinade, and cook over a medium heat for 2 mins. Allow the fish to blacken slightly, as the miso caramelises, before turning and repeating on the other side. Serve the fish over the wilted cabbage and season with more tamari to taste, and chilli, if you wish.

Tuscan pasta bake

It's never hard to rustle up a pasta dish, but this has the added joy of being perfect for making ahead, so it's a great crowd-feeding number. Not only does it have bags of flavour, by using quinoa pasta you're adding more goodness and protein to your bowl and the dark leafy greens pack an almighty antioxidant, calcium and iron punch. An energy-filled, immune-boosting bowl of cosy pasta is a win-win.

SERVES 4

- + 3tbsp rapeseed oil
- + 1 red onion, sliced
- + 2 garlic cloves, minced
- + 4 sage leaves, finely chopped
- + 250g quinoa fusilli pasta
- + 8 rashers of streaky bacon, chopped, or 200g pancetta (optional)
- + 2 x 400g tins plum tomatoes
- + 125ml chicken or vegetable stock, or water
- + salt and pepper
- + 5 cavolo nero leaves, thinly sliced
- + 3tbsp coconut yogurt or cream (optional)
- + 50g grated Cheddar (or dairy-free) cheese

1 Heat the oil in a large casserole dish and fry the onion, garlic and sage over medium heat for a couple of minutes. At this point, cook the pasta according to the packet instructions but take it off the heat a couple of mins before its time is up (it will cook more in the oven). Drain well.

2 Turn up the heat under the casserole and add the bacon or pancetta, if using. Stir and cook for about 3-4 mins, until the bacon is browned. Add the

tomatoes and stock, crushing them as you stir with the back of a wooden spoon. Bring to the boil, rinse out the tins with a splash of water and add that to the pan too. If you're not using bacon, season with salt and a big grind of black pepper. Reduce the heat to medium-low and simmer for 5 mins until the sauce has thickened slightly. Add the

cavolo nero leaves and simmer for a further 2-3 mins.

3 Add the pasta to the sauce and mix really well. For a creamy version, add the coconut yogurt or cream at this stage, and stir through. Top with

the cheese. At this point, you could cover and refrigerate it until ready to cook.

4 Heat the oven to 180C, gas 4. Bake for 20 mins, until the cheese is melted and the pasta has crisp edges.





Crisp-baked chicken with sweet potato wedges & tomato ketchup

The failsafe play-date number. When you want to stick something in the oven and not think about it, but keep lots of kids happy, this one is a winner. I don't know many kids who don't love to crunch on crispy chicken. And these wedges of sweet potato are the perfect side with a dollop of real tomato ketchup. Shop-bought ketchup is loved by most children I know, but there is a massive amount of sugar in it so I really wanted to crack this. After much bubbling and tasting, I got this fresh, zingy delight, which my kids say they prefer! Make a big batch and you'll have it for ages.

Crisp-baked chicken

SERVES 4

- + 1-2 eggs
- + 120-200g ground almonds
- + Small pinch of sweet smoked paprika
- + ½tsp sea salt flakes
- + 2 heaped tbsp grated Parmesan cheese or 2tbsp nutritional yeast (optional)
- + 4 chicken thighs
- + 4 chicken drumsticks

YOU WILL NEED:

- + Baking tray, lined with baking parchment

1 Heat the oven to 190C, gas 5.
2 Whisk the eggs together in a bowl. In a separate bowl, combine the ground almonds with the paprika, salt and, if using, either the cheese or nutritional yeast. Drag the chicken pieces through the egg wash, coating well all over, then press into the almond mix, making sure the chicken is covered completely.

Place on the prepared tray and cook for 30 mins. After this time, remove the tray from the oven, turn the pieces over and reduce the oven temperature to 180C, gas 4. Return to the oven to cook for a further 15-20 mins, until the chicken is really golden and crisp.

Sweet potato wedges

SERVES 4

- + 2 rosemary sprigs, leaves picked and finely chopped
- + 3tbsp olive oil
- + 1tsp sea salt
- + 700g sweet potato, cut into wedges

YOU WILL NEED:

- + Baking tray, lined with baking parchment

1 Heat the oven to 190C, gas 5.
2 Use a pestle and mortar to crush the rosemary with the oil

and salt. Arrange the sweet potato wedges on the tray, drizzle the rosemary oil over the top, massaging well so that each piece is coated. Roast for 30 mins, shuffle the tray to move the wedges around, and continue to cook the wedges for a further 10-15 mins until brown and crisp on the outside.

Real ketchup

MAKES 2 LITRES

- + 2tbsp olive oil
- + 500g red onions, sliced
- + 2 celery sticks, thinly sliced
- + ½ garlic bulb, sliced
- + 6 allspice berries, bashed
- + Pinch of cayenne pepper
- + ½tsp ground cloves
- + 1.5kg tomatoes
- + 400g can cherry tomatoes
- + 2tbsp molasses
- + 1tbsp honey
- + 120ml red wine vinegar

1 Heat the oil in a large pan. Add the onions, celery and garlic and cook over low heat until beginning to soften. Stir in the allspice, cayenne and cloves, and continue to fry for 10 mins.
2 Meanwhile, put the kettle on to boil and make two shallow, skin-deep cross incisions at the base of each tomato for ease of peeling. Place the tomatoes in a small bowl, pour over enough just-boiled water to cover and leave to sit for 2 mins.
3 Drain and when cool enough to handle, peel them. Roughly chop the tomato flesh and add them one by one to the pan as you work.
4 Bring the sauce to the boil, tumble in the cherry tomatoes, plus the molasses, honey and red wine vinegar and simmer for 1½ hrs. Tip the mixture into a blender and whizz until smooth.

Moroccan spiced lamb tagine & cauli-couscous

When I first started creating recipes for other people's children, this one was by far the most popular. The sweetness of the apricots and the tenderness of the lamb all seem to go down a dream. Unsulphured apricots have loads of iron in them and the turmeric in the sauce adds in some super-powerful antioxidants, shown to halt cancer cell growth.

SERVES 4

- + 2tbsp olive oil
- + 1 onion, sliced
- + 2 garlic cloves, sliced
- + 1tsp ground turmeric
- + 1tsp ground cumin
- + 1tsp ground cinnamon
- + 2 medium carrots, diced
- + 1 sweet potato, diced
- + 350g trimmed lamb steaks, diced
- + 250ml chicken stock
- + 5 dried, unsulphured apricots, roughly chopped
- + 1 bay leaf
- + 200g couscous
- + ½ cauliflower
- + 2tbsp sultanas
- + 250g coconut yogurt
- + ½ lime, squeezed
- + Handful of fresh coriander, roughly chopped
- + Handful of pomegranate seeds, to serve

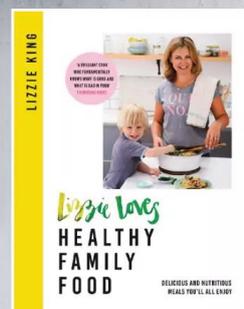
1 Heat the oil in a large casserole dish and fry the onion and garlic gently for 2-3 mins. Add the spices, carrots and sweet potato and heat through. Turn the heat up to high and sear the lamb pieces, turning to brown on all sides, pushing the vegetables to the edges of the pan to allow room.

2 Cover with stock and add in the apricots and bay leaf. Bring to the boil, turn the heat down to low and place a tightly fitting lid on to let it simmer away gently for 1 hr.

3 For the couscous, boil the kettle and pour over enough water to cover the grains, with an extra inch. Cover and leave

as per packet instructions. Blitz the cauliflower florets in the processor until rice-like. Tip into a saucepan and, over a low heat, add a few tablespoons of hot water, then stir until softened a little and the water has evaporated, about 2-3 mins. Combine with the couscous and sultanas and stir together.

4 In a small bowl, whisk together the yogurt, lime juice and half of the coriander leaves. Fill bowls halfway with the cauli-couscous mix and then ladle over the lamb. Top with the yogurt and sprinkle over the remaining coriander and pomegranate jewels to finish.



Recipes from *Lizzie Loves Healthy Family Food* by Lizzie King. Published by Trapeze, £20 hardback, £10.99 eBook.



Sweet treats

Fruit

- 88 Berry rice pudding
- 89 Peach & raspberry yogurt
- 90 Blueberry yogurt with maple syrup oats
- 90 Minted fruit skewers
- 91 Scotch pancakes with blackberries
- 92 Apple snow
- 92 Lemon sorbet
- 93 Roast pineapple with blueberries

Baking

- 94 Rye & maple sourdough
- 96 Sourdough active starter
- 97 Coconut, tahini & cranberry macaroons
- 98 Spiced crispbreads
- 98 Apricot tartlets
- 99 Sweet shortcrust pastry

Fruity finales

Fresh tangy treats to end a meal

Rather than a heavy, rich and creamy dessert or chocolate, select a lighter option with fresh fruits for an extra boost of vitamins and fibre, plus some antioxidants too.



Berry rice pudding

(Opposite page)

SERVES 4

- + 600ml semi-skimmed milk
- + 1 vanilla pod, split lengthways, seeds scraped out
- + 60g short-grain pudding rice
- + 2tbsp caster sugar

FOR THE COMPOTE:

- + 300g strawberries, whole or halved
- + 2tbsp caster sugar
- + 1-2tbsp raspberry liqueur or kirsch

YOU WILL NEED:

- + 4 ramekins or similar dishes

1 To make the rice, put the milk, vanilla pod and seeds, rice and sugar into a large, heavy-based pan. Heat gently and bring to the boil, then simmer, uncovered, for 30-35 mins, stirring occasionally, until the rice is cooked, the milk is almost absorbed and the texture is creamy. Remove the vanilla pod. Cool for about 10 mins. Spoon into the four ramekins and chill.

2 To make the compote, put the strawberries and sugar in a pan, cover and cook over a gentle heat for about 5 mins to dissolve the sugar and soften the fruit a little. Using a slotted spoon, take the fruit out of the pan and put into a dish. Add the raspberry liqueur to the syrup and bring to the boil for a few mins, to reduce it and make it more syrupy. Pour over the fruit.

3 Spoon a little warm or cooled strawberry compote onto the rice and serve the rest of the compote in a jug.

PER SERVING Calories: 244

Fat: 3.5g **Saturated fat:** 1.5

X Not suitable for freezing

Peach & raspberry yogurt

SERVES 1

- + 125g 0% fat Greek yogurt
- + ½tbsp runny honey
- + 1 ripe peach, stone removed and flesh roughly chopped
- + pinch of sugar or stevia, to taste
- + ¼-½tsp freeze-dried raspberries

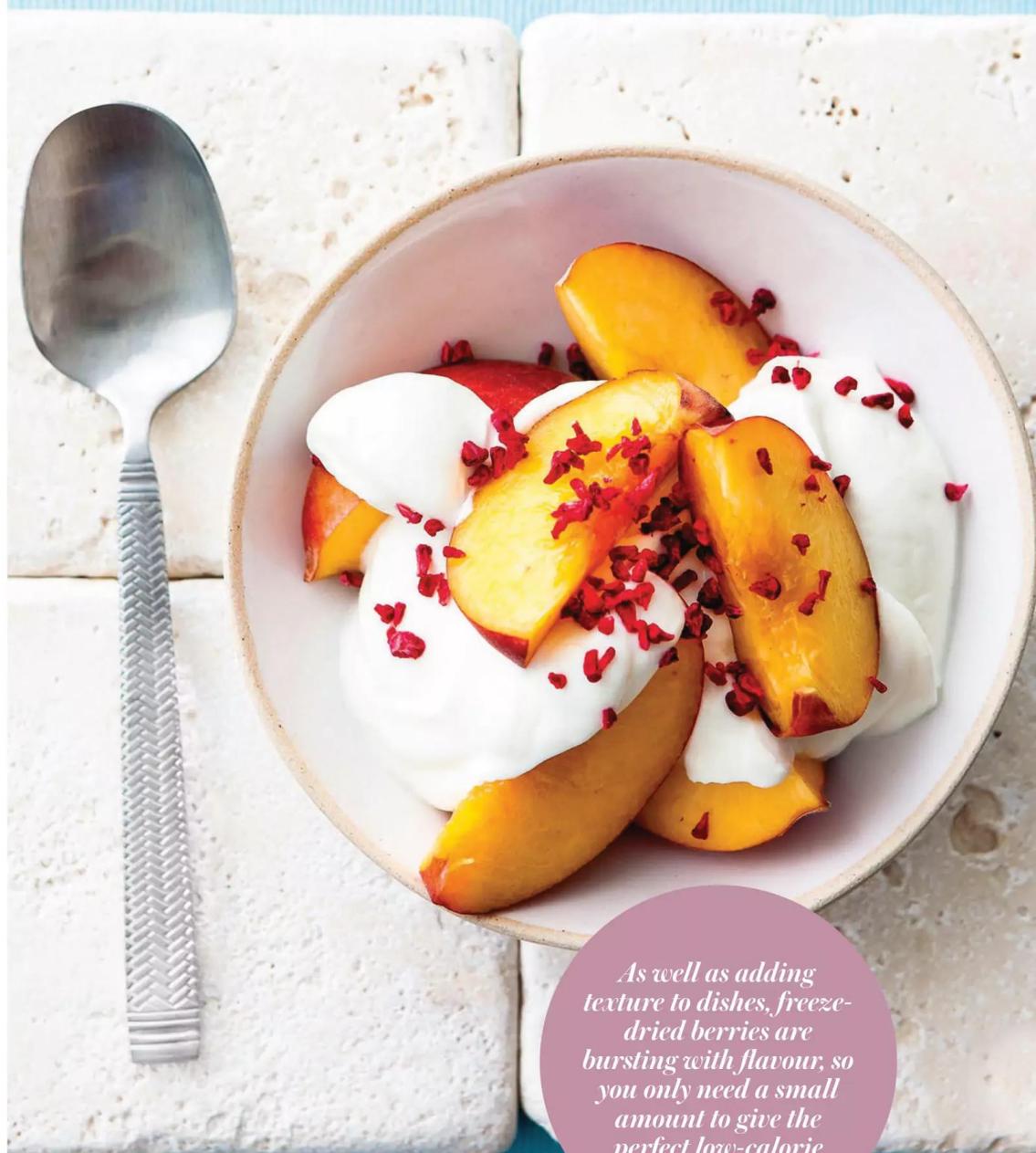
1 Put the yogurt into a bowl and stir in the honey. Top with the chopped peach.

2 Sprinkle the stevia and freeze-dried raspberries over the top.

PER SERVING Calories: 132

Fat: trace **Saturated fat:** trace

X Not suitable for freezing



As well as adding texture to dishes, freeze-dried berries are bursting with flavour, so you only need a small amount to give the perfect low-calorie sweet boost.

Blueberry yogurt with maple syrup oats

SERVES 2

- + 15g jumbo rolled oats
- + 1tbsp maple syrup
- + 75g blueberries, lightly crushed
- + 150-200g 0% fat Greek yogurt

1 Toast the oats in a small dry frying pan over a medium heat, stirring frequently, for 6-8 mins, until pale golden and crisp. Tip on to a plate to cool.

2 Drizzle ½tsp maple syrup into the bottom of each of two small glass tumblers. Quickly fold the blueberries into the yogurt and spoon over the maple syrup. Sprinkle the toasted oats on top, then drizzle with the remaining maple syrup to serve.

PER SERVING Calories: 81
Fat: 1g Saturated fat: trace
X Not suitable for freezing



Minted fruit skewers

SERVES 2

- + 1tbsp caster sugar
- + 4-6 mint leaves, shredded, plus a few small leaves
- + 10 strawberries
- + 150g watermelon chunks
- + 6 cubes of pineapple
- + 1 kiwi, peeled, cut into wedges
- + 10 seedless red grapes

YOU WILL NEED:

- + Wooden skewers

1 Tip the sugar into a mug and pour over 1tbsp boiling water. Place in a microwave for 20 secs on high, to give a syrup, then leave it to cool. Stir in the mint.

2 Thread the fruit onto skewers and arrange on a serving plate, spoon over the mint syrup and scatter over a few mint leaves.

PER SERVING Calories: 83
Fat: trace Saturated fat: trace
X Not suitable for freezing

Scotch pancakes with blackberries (Opposite page)

SERVES 4

- + 90g self-raising flour
- + Pinch of salt
- + 150ml natural yogurt
- + 1 egg

FOR THE TOPPING:

- + 150g 0% fat Greek yogurt
- + 125g blackberries
- + A few small mint leaves

1 To make the pancakes, sift the flour and salt into a bowl, add the yogurt and egg and mix to a creamy batter. Heat a large non-stick frying pan and drop tablespoonfuls of mixture, well spaced, into the pan. Make two batches of four pancakes. Cook over a medium heat until the

surface bubbles, turn them over and cook for another minute or so until golden.

2 Keep the pancakes warm by wrapping them in a tea towel while cooking the rest of the batter. To serve, top with Greek yogurt and blackberries and scatter over mint leaves.

PER SERVING Calories: 146
Fat: 2g Saturated fat: 1g
X Not suitable for freezing

If the batter is sticking to the pan, the pan may be lightly oiled.





Lemon sorbet

SERVES 4

- + 125g caster sugar
- + Zest of 1 lemon
- + Juice of 5 lemons
- + 1 egg white
- + 200g pack raspberries

1 Place 300ml water, the sugar and lemon zest in a saucepan and cook, stirring, over a medium heat until the sugar has dissolved. Remove from the heat and allow to cool.

2 Stir the lemon juice into the sugar solution, check that it is sweet enough. If it isn't, top up with a little more sugar. Pour the mixture into a shallow

container and transfer to the freezer for 3 hrs.

3 Every hour or so, take out and beat well with a fork to stop large ice crystals forming.

4 When the mixture looks like it is beginning to set, whisk the egg white until stiff, then carefully fold into the sorbet. Return the mixture to the freezer and leave until the mixture is solid.

5 Divide the mixture between four bowls and serve with the raspberries.

PER SERVING Calories: 145

Fat: trace **Saturated fat:** trace

X Not suitable for refreezing



Apple snow

SERVES 4

- + 600g cooking apples, peeled, cored and chopped
- + 75g caster sugar
- + Zest and juice of 1 small lemon
- + 2 large egg whites

1 Place the chopped apples, 60g sugar and lemon zest and juice in a small pan, cover and simmer for 10 mins or until the apples are soft. Remove the lid and simmer for a few more mins

until the mixture is dry, then transfer to a blender and process until smooth. Scoop out into a large bowl and allow to cool.

2 Whisk the egg whites and remaining sugar until stiff. Fold the egg white mixture into the apple purée, then divide the mixture between four glasses.

PER SERVING Calories: 136

Fat: 0.5g **Saturated fat:** trace

X Not suitable for freezing

Roast pineapple with blueberries (Opposite page)

SERVES 4

- + 1tbsp icing sugar
- + 1tbsp caster sugar
- + 4 thick slices of pineapple, about 400g in total
- + 15g unsalted butter, melted
- + 125g blueberries
- + 2 passion fruit
- + 100g 0% fat Greek yogurt

1 Heat the oven to 190C, gas 5. Mix the icing and caster sugar together on a large plate and coat the pineapple slices in the mixture.

2 Place the pineapple in a shallow ovenproof dish, trickle over the butter and cook for 15 mins. Scatter over the

blueberries and cook for a further 5 mins.

3 Divide the pineapple and blueberries between four plates, remove the seeds from the passion fruit and drizzle them over the pineapple.

4 Add a dollop of Greek yogurt to each plate and serve.

PER SERVING Calories: 150

Fat: 3.5g **Saturated fat:** 2g

X Not suitable for freezing



Healthy baking

Heritage grains for modern-day tastes

Award-winning Irish chef and author, Jordan Bourke, believes that “healthy” recipes should be nutritious, balanced food made from natural ingredients. These recipes are some examples of updating ancient grains, revealing how

easy it is to make bubbling ferments and more. Although coconut oil is a mainly saturated fat, and some people say to avoid it, it’s also been proven to have good qualities too and Jordan has used it in many recipes in his book.

Rye & maple sourdough

MAKES 1 LOAF

- + 330ml water
 - + 50ml maple syrup
 - + 75g active starter, see p96
 - + 100g wholegrain rye flour
 - + 450g strong white bread flour or white spelt flour
 - + 10g salt
 - + Rice flour, to dust the proving basket and work surface
 - + Rye flakes or oats for coating
 - + 1 round or oval proving basket, or a mixing bowl lined with a clean tea towel
- YOU WILL NEED:**
- + An ovenproof, heavy-based pot with a lid, roughly 22-24cm; a cast iron pot is ideal

1 In a bowl, combine the water, maple syrup and starter. Don’t worry if lumps remain in the starter – this is normal. In a second, larger bowl, combine the flours and the salt. Add in the water and starter mixture and thoroughly mix together, ensuring there are no lumps of flour. Cover and leave at room temperature for 1 hr.

2 With a very lightly floured hand, to prevent sticking, stretch and fold the dough. To do this, take a portion of the dough from the base of the bowl, stretch it up and over and press it into the

opposite side of the dough. Repeat this movement four times, turning the bowl slightly in between each movement so you work your way around the entire dough. Cover and leave to rest for 15 mins. Repeat this process three more times, leaving 15 mins in between each kneading. The whole process should take 1 hr, but only about 2 mins of hands-on time. Once you have finished, cover the bowl and leave it out at room temperature overnight (or for at least 8-10 hrs). If you live in a very warm climate, place the bowl in the fridge overnight.

3 The following morning, the dough should have doubled in size and feel light and airy to the touch. If you refrigerated the dough, remove it and leave it to prove at room temperature for a few hrs until it has doubled in size. Liberally dust your proving basket or bowl lined with a clean tea towel with rice flour. Make sure it is well coated, otherwise your sourdough will stick when you turn it out. Scatter the rye flakes or oats in a thin layer on the base of your proving basket. Set it aside.

4 Lightly dust the work surface with rice flour, and gently tip the dough out on to it. Use a spatula

to help coax all the dough out, and take care not to knock out too much air. The dough will be very soft and a little sticky. With floured hands, take one edge of the dough and pull it up and out, then back over itself into the centre of the dough. Work your way around the dough, repeating this movement as you go, each time pulling the edge of the dough out and then back in over itself so that the floured edges are now all puckered together in the centre, and the bottom surface of the dough is fully coated in the rice flour. The dough should feel a bit tighter at this point.

5 Flip the dough over so the puckered surface is facing down. Cup your hands around the ball of dough and bring them together underneath the dough, gently pulling the surface of the dough downwards. Rotate a little and repeat this movement all the way around the dough until the surface feels smooth and tight. Transfer it into your proving basket with the smooth rice flour-covered surface facing down and the puckered surface facing up in the centre. Dust with more rice flour, cover loosely with a tea towel and leave to rise in a warm spot for 1½-2½ hrs





The rye gives this sourdough an extra nuttiness that I love with the sweet maple. It lasts very well too, but will need to be toasted after a few days to get the best out of it.

depending on the temperature of your kitchen, until the dough has noticeably risen, but not doubled in size.

6 Half an hour before the final rise is complete, put your cast iron or heavy-based pot and lid into the oven and preheat to 240C, gas 9. When the final rise is completed, carefully remove the pot from the oven and gently, with the support of your hands so it does not lose its shape, invert the dough out of the basket and into the pot, so the puckered centre is now facing the bottom and the smooth surface (or oat/rye covered surface) is facing up. Take extreme care throughout this process, as the pot will be burning hot.

7 With a small, very sharp knife or blade, cut 2-4 shallow slashes into the surface of the dough, to allow the bread to expand during baking. Put the lid on the pot and place it in the oven. Immediately turn the temperature down to 220C, gas 7.

8 Bake the bread for 30 mins, then remove the lid and bake for another 10-15 mins, until the crust is deeply golden brown, just a few shades shy of being burnt. This is important for both texture and flavour. To check the bread is cooked through, tap the base. It should sound hollow. If not, bake for another few mins and test again. Once cooked, leave to cool on a wire rack. Do resist the temptation to dive in while it is still hot, as this will release all the internal steam and affect the quality of the crumb. Once it is cool enough to handle, but still warm enough to melt butter, you can go ahead and slice off a chunk.

SWEET TREATS & BAKES



Sourdough active starter

The starter is the foundation of any sourdough recipe. Making your own is a straightforward process – you just need to be patient. The good news is you only have to make it once, as it will last a lifetime if looked after properly. Before you begin making your starter, read the helpful tips below on maintaining a healthy starter. You'll need a 500ml glass jar along with the ingredients listed below.

DAY 1

- + 80g wholegrain spelt flour
- + 20g plain white flour or white spelt flour
- + 100ml water
- + 2tsp raisins

Add all the ingredients to the glass jar and thoroughly combine with a spoon. Cover loosely with the lid (so air can still circulate in and out of the jar) and leave at room temperature for 24 hrs.

DAY 2

- + 80g wholegrain spelt flour
- + 20g plain white flour or white spelt flour
- + 100ml water

Add the flours and water to the jar and combine. Cover loosely and leave at room temperature for 24 hrs.

DAY 3

- + 50g wholegrain spelt flour
- + 50g plain white flour or white spelt flour
- + 100ml water

Add the flours and water to the jar and combine. Cover loosely and leave at room temperature for 24 hrs.

DAY 4

- + 20g wholegrain spelt flour
- + 80g plain white flour or white spelt flour
- + 100ml water

Add the flours and water to the jar and combine. Cover loosely and leave at room temperature for 24 hrs.

DAY 5

- + 20g wholegrain spelt flour
- + 80g plain white flour or white spelt flour
- + 100ml water

Discard half the starter (otherwise it will become enormous and very difficult to manage). Add the flours and water to the jar and combine. Cover loosely and leave at room temperature for 24 hrs. Use an elastic band to mark the level of the starter just after you have added in the flour and water. It is then easy to see how much it is rising and falling over the course of the next 24 hrs.

DAY 6

FEEDING AND MAINTENANCE

- + 100g plain white flour or white spelt flour, or a combination of the two
- + 100ml water

From now on you will be maintaining the starter. Each day, around the same time, discard at least half the starter, making sure that there is always at least 4tbsp remaining. Feed this remaining starter with an equal amount of flour and water. I use roughly 100g of each. Add this to the jar and combine thoroughly. Bear in mind that the amount of flour and water you add into your starter should always exceed the amount of starter you begin with. Cover loosely and leave at room temperature for 24 hrs. Repeat this process of discarding and feeding every day to maintain the starter. You will notice when you feed your starter that it doubles, and sometimes triples, in volume over the course of the following 8-12 hrs. You want to use the starter when it is close to the peak of its activity. This will vary depending on the temperature of your kitchen, so just aim to feed it about 6-10 hrs before you make your bread, and keep an eye on it. I like to start making my bread in the evening, so I feed my starter in the morning and it is ready to use when I get home. If you like to make it in the morning, just feed it the night before.



Coconut, tahini & cranberry macaroons

MAKES 14-16 MACAROONS

- + 110g tahini
- + 45g dried cranberries
- + Pinch of sea salt
- + zest and juice of 1/2 unwaxed lemon
- + 100ml maple syrup
- + 25g white spelt flour or rice flour
- + 1tsp bicarbonate of soda
- + 220g desiccated coconut
- + 80g dark chocolate, melted

1 Preheat the oven to 180C, gas 4, and line a baking sheet with greaseproof paper. Put all the ingredients except the melted chocolate into a large bowl and mix together until thoroughly combined.

2 The mixture is quite dry, but persevere until everything is mixed together. Place 2tbsp of mixture into the palm of your hand and compress to form a ball. Lightly flatten into a disc and position on a baking sheet, leaving a 2cm gap in between each macaroon. Bake for 8 mins, until lightly golden.

3 Remove from the oven and leave to cool completely to firm up. Dip the cooled macaroons into the melted chocolate and set aside in a cool spot until the chocolate has set. Keep in an airtight container in the fridge for up to one week.

These are not at all like the dainty, pastel-coloured macaroons one scoffs when trying to feign an air of French sophistication. In fact, they are the opposite: more American in size and form, and not a bit elegant, but no less delicious. They are also far easier and quicker to make, which is never a bad thing.



Spiced crispbreads

MAKES 4 LARGE CRISPBBREADS

- + 100g white or wholegrain spelt flour, plus extra to dust
- + 25g rye flour
- + ¾tsp fast-action dry yeast
- + ½tsp sea salt, plus extra to sprinkle over
- + 1½tsp honey
- + 70ml warm water (not hot or boiling)

OPTIONAL TOPPINGS:

- + Cumin seeds, chilli flakes, oregano, etc

1 Put all the ingredients in a bowl and knead for 1-2 mins, until everything is well combined and you have a ball of dough. Cover and leave to rest for 1 hr at room temperature. Then 20 mins before the resting time is finished, preheat the oven to 220C, gas 7 and line two baking sheets with baking parchment.

2 Knead the dough once or twice to knock out the air, then divide into four equal-sized pieces. Dust the work surface with flour and roll out each piece of dough as thinly as possible,

turning and flipping the dough as you roll, and dusting with more flour as necessary to ensure it doesn't stick. Don't worry about the shape of the dough, as the crispbreads will be broken into shards once they're baked.

3 Carefully transfer the wafer-thin sheet to the baking tray and repeat with the remaining pieces of dough. You will need one baking tray per sheet of dough – or bake in batches.

4 Using a fork, prick holes all over the dough sheets. Brush the surface of the dough with a small amount of water, then sprinkle over some sea salt and any other spices and herbs you like. Bake for 5-7 mins, until the dough is golden and crisp, keeping a close eye on the crispbreads as they burn quickly. Leave to cool, then transfer to a wire rack to cool completely. Break into irregular shards and serve with any dip you like, or simply with really good extra virgin olive oil. Store in an airtight container for up to one week.

Apricot tartlets

MAKES 6 TARTLETS

- + 1 quantity of sweet pastry, see right

FOR THE FILLING:

- + 70g extra virgin coconut oil
- + 80g white spelt flour
- + 50g coconut palm sugar
- + 60g rolled oats or coarse oatmeal
- + 40g ground almonds
- + zest of 1 unwaxed lemon
- + 4tbsp maple syrup
- + 6 apricots, or about 4 peaches or nectarines, halved and stoned
- + Handful of redcurrants (optional), plus extra to serve
- + 3tbsp apricot jam, to glaze (I find the French St Dalfour sugar-free jams the best; they are sweetened only with natural fruit juices)
- + 6 x 10cm tartlet tins

1 Preheat the oven to 200C, gas 6.

2 Make 1 quantity of the sweet pastry, use it to line the tartlet tins, and refrigerate. Do not blind bake, as this step is not necessary for tartlets.

3 Put the coconut oil, spelt flour and coconut palm sugar in a bowl. Using your fingertips, rub the coconut oil into the flour and coconut palm sugar, until the mixture resembles large breadcrumbs. Add the oats, ground almonds, lemon zest and maple syrup.

4 Combine with a spoon until everything is well mixed. It should look like wet sand. Evenly divide the mixture between the six chilled tartlet cases. Slice the apricots into ½cm wedges and divide them between the tartlets. Scatter over a few redcurrants, if using, place the tartlets on a baking tray and bake for 45 mins, until golden



A lot of people think tartlets are fiddly to make, but actually they are a little easier than tarts as you don't have to bother with blind baking the pastry base. They also look beautiful, and each one is the perfect size for an individual portion, so I usually make them if we are having friends over for dinner.

SWEET TREATS & BAKES

and set. Cover with foil if the top is browning too quickly. Remove and leave to cool.

5 Once the tartlets have cooled to room temperature, mix the apricot jam with 2tsp of boiling water and use this to glaze the tartlets, using a pastry brush. Serve immediately with extra redcurrants if you wish.

Sweet shortcrust pastry

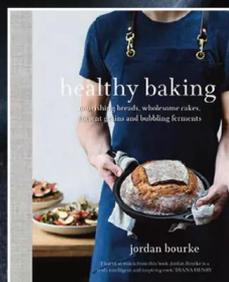
- + 250g white spelt flour, plus extra to dust
- + ¼ tsp fine sea salt
- + 120g flavourless extra virgin coconut oil or unsalted butter, chilled and cut into small pieces
- + 1tbsp maple syrup

1 Preheat the oven to 200C, gas 6.

2 Sift the flour and salt into the bowl of a food processor. Add the chilled coconut oil or butter, and blitz until the mixture resembles fine breadcrumbs.

3 Add the maple syrup and 1½-2tbsp water and bring the dough together with your hands until you have a smooth ball. If it is still crumbly, add a few drops of water, being careful not to overdo it. Flatten the ball, wrap it in clingfilm and refrigerate for 30 mins until well chilled but still pliable.

4 Once the pastry has chilled, roll it out between two sheets of floured clingfilm and line your tart tin. If you find the pastry too difficult to handle, simply press the pastry directly into the tin, making sure the base and sides are smooth and even with no cracks. Cover and chill the base in the freezer for 10 mins.



These recipes are from the book *Healthy Baking: Nourishing Breads, Wholesome Cakes, Ancient Grains and Bubbling Ferments* by Jordan Bourke. Published by Orion, hardback, £20, and eBook, £10.99.



Salads



Baking

Healthy Heart Diet Plan



Fantastic fish

Get all the health benefits of fish with this selection of tasty main meals



Go green

Make your five a day fabulous by incorporating leafy greens



Terrific tomatoes

Get the most from the superfood that packs a flavoursome punch



Pulse protein

Protein doesn't have to be meat or dairy: explore delicious legume dishes



Low-cal wonders

Fast days can still be a treat with these amazing low-calorie recipes



Delicious desserts

Who says you can't have a sweet treat? Delicious desserts can be good for you



Family favourites

Fake-aways

